



# TAMILNADU COUNCIL FOR OPEN AND DISTANCE LEARNING

Approved by International Council for Open & Distance Education (ICDE), Oslo, Norway

Internationally Accredited Institution Registered under Tamilnadu Govt Act

Name:

[Capitals]

Reg.No:

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Course : Diploma in Physical Education

Session : Academic 20\_\_ / Calendar 20\_\_

Subject : History, Principles and Foundation of Physical Education

Date of Submission :

## Instructions to Students

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No: of Correct Answers :

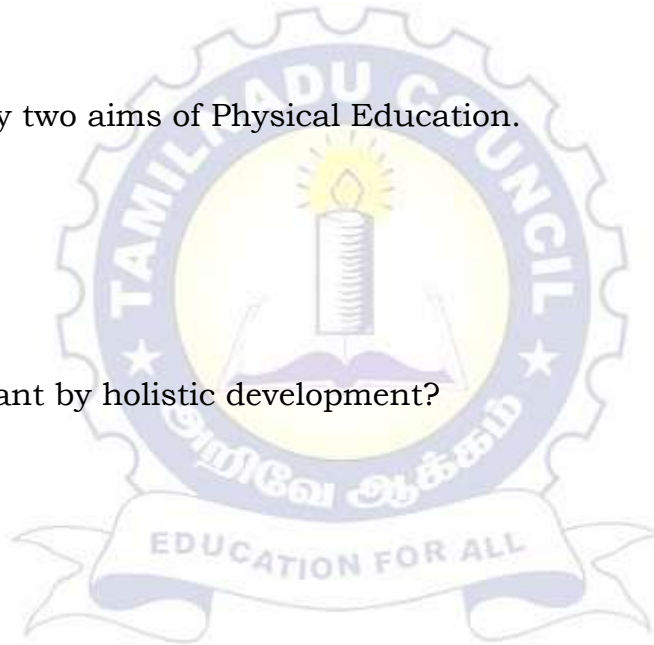
Total Marks Awarded :

Signature of Evaluator

# HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

[TEST PAPER-1]

1. Define Physical Education.
2. State the scope of Physical Education.
3. Mention any two aims of Physical Education.
4. What is meant by holistic development?
5. State the importance of Physical Education in modern society.
6. Write any two misconceptions about Physical Education.

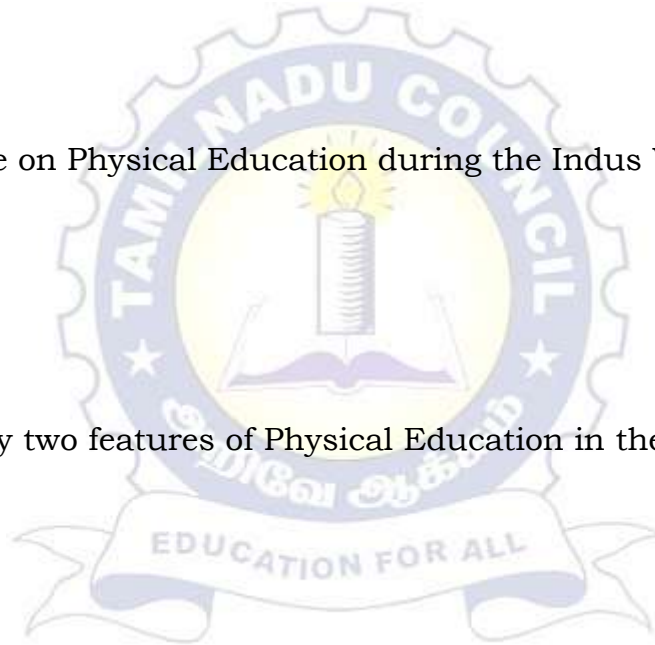


7. Mention the relationship between Physical Education and General Education.

8. Why is Physical Education called an “Art and Science”?

9. Write a note on Physical Education during the Indus Valley Civilization.

10. Mention any two features of Physical Education in the Vedic period.



11. Write any two contributions of the YMCA to Physical Education in India.

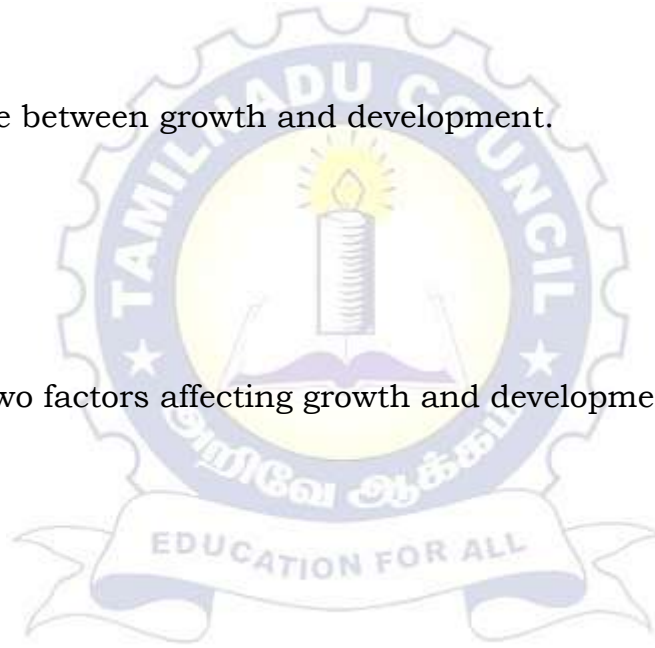
12. State the role of Akhadas and Vyayamshalas.

13. What are the functions of SAI?

14. What is meant by growth?

15. Differentiate between growth and development.

16. Write any two factors affecting growth and development.



17. What is chronological age?

18. What is biological age?

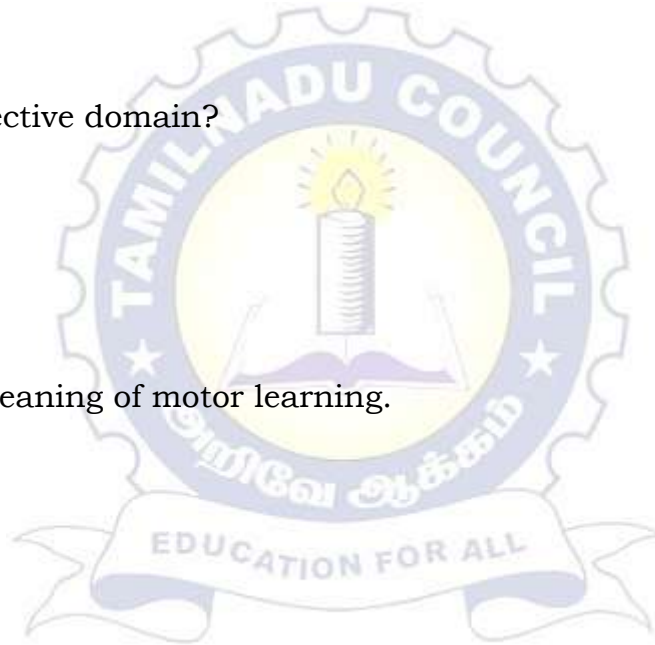
19. Mention any two body types.

20. Write two anthropometric differences between men and women.

21. What is meant by cognitive domain?

22. What is affective domain?

23. State the meaning of motor learning.



24. Write any two theories of play.

25. What is meant by socialization?



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Course : Diploma in Physical Education

Session : Academic 20\_\_ / Calendar 20\_\_

Subject : Anatomy and Physiology

Date of Submission :

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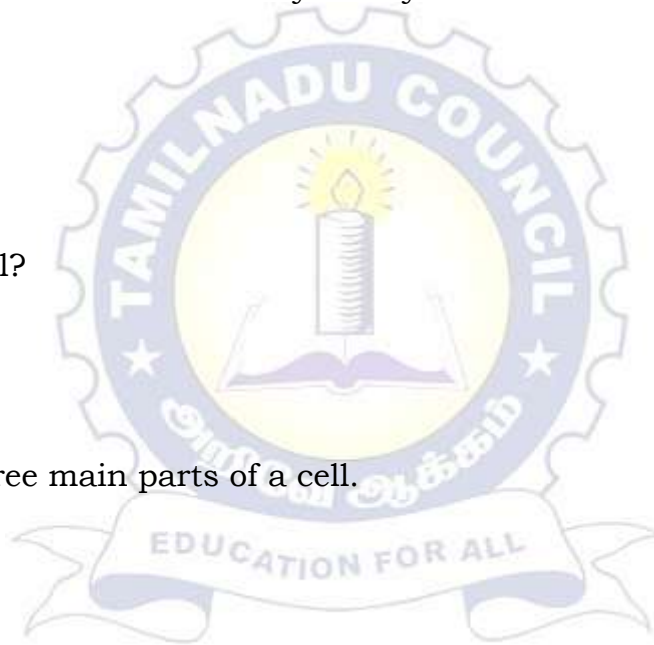
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# ANATOMY AND PHYSIOLOGY

[TEST PAPER-2]

1. Define Anatomy.
2. Define Physiology.
3. State the importance of anatomy in Physical Education.
4. What is a cell?
5. Name the three main parts of a cell.
6. What is a tissue?
7. Mention any two types of tissues.



8. How many bones are present in the adult human body?

9. Define axial skeleton.

10. Define appendicular skeleton.

11. What is a joint?

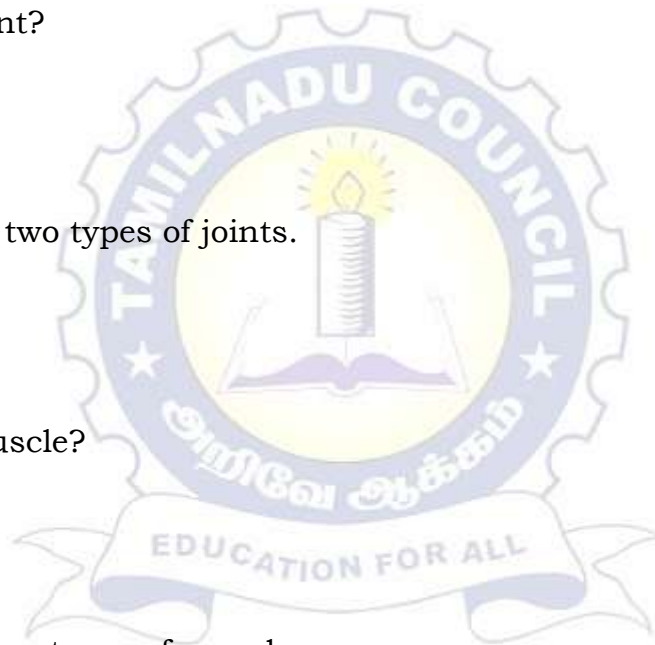
12. Mention any two types of joints.

13. What is a muscle?

14. Name the three types of muscles.

15. Define blood.

16. What is the function of red blood cells?





17. Define cardiac cycle.

18. What is blood pressure?

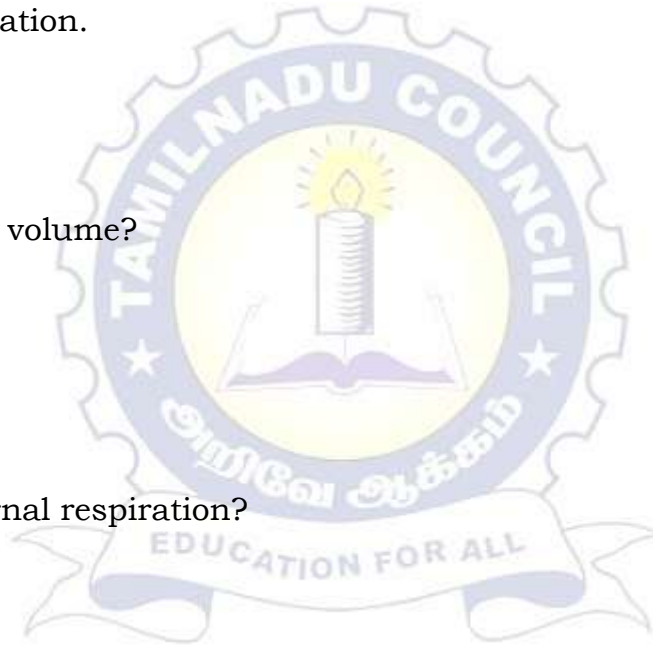
19. Define respiration.

20. What is tidal volume?

21. What is internal respiration?

22. Name any two organs of the digestive system.

23. Define excretion.



24. What is the function of kidneys?

25. What are endocrine glands?

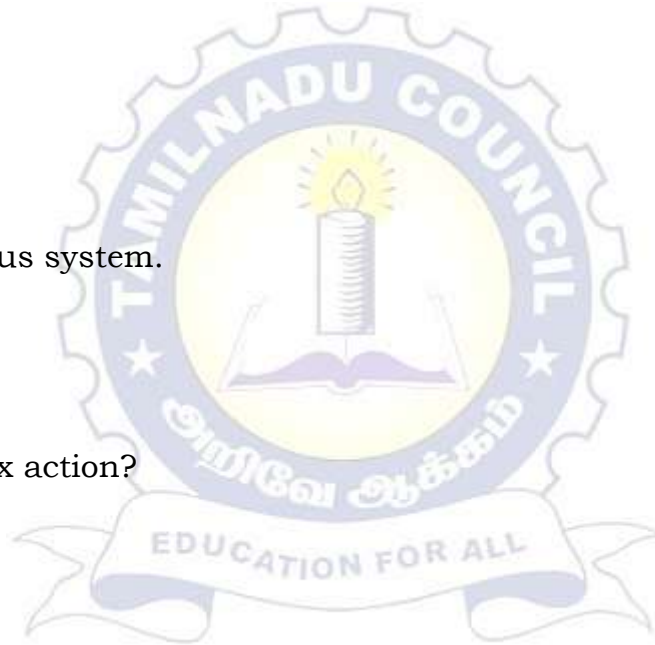
26. Name any two endocrine glands.

27. Define nervous system.

28. What is reflex action?

29. Name any two sense organs.

30. Write the function of the eye.





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Subject : Educational Technology and Methods of Teaching in Physical Education

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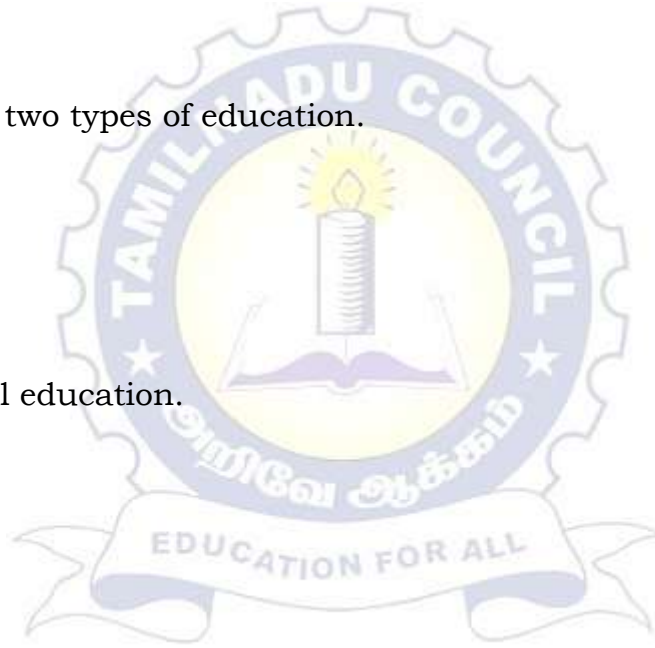
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# EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION

[TEST PAPER-3]

1. Define Education.
2. What is Educational Technology?
3. Mention any two types of education.
4. Define formal education.
5. What is informal education?
6. Define teaching.



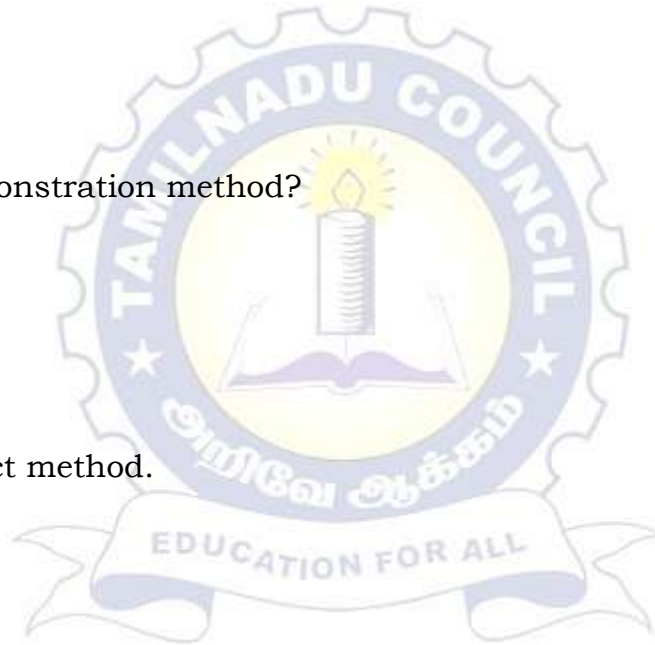
7. State any two objectives of teaching.

8. What is lecture method?

9. Mention one advantage of lecture method.

10. What is demonstration method?

11. Define project method.



12. What is imitation method?

13. What is whole method of teaching?

14. What is part method of teaching?

15. Define teaching aids.

16. Mention any two audio aids.

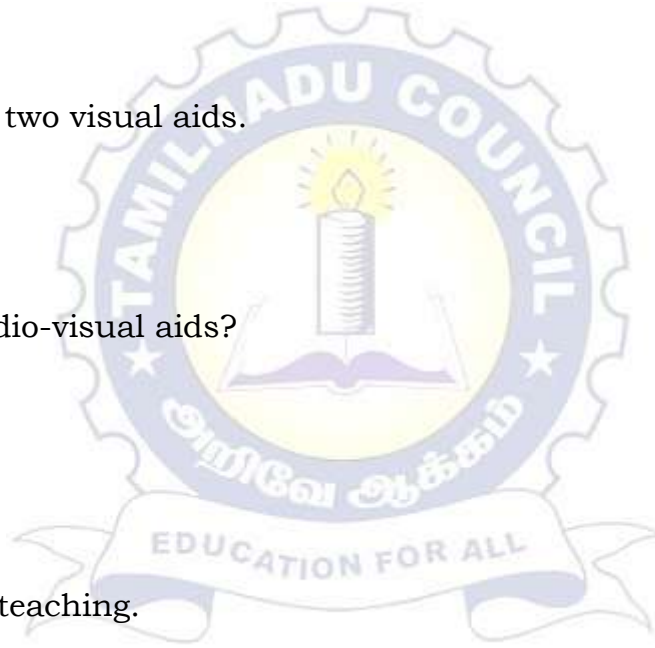
17. Mention any two visual aids.

18. What are audio-visual aids?

19. Define team teaching.

20. What is lesson planning?

21. Mention any two principles of lesson planning.



22. What is micro-teaching?

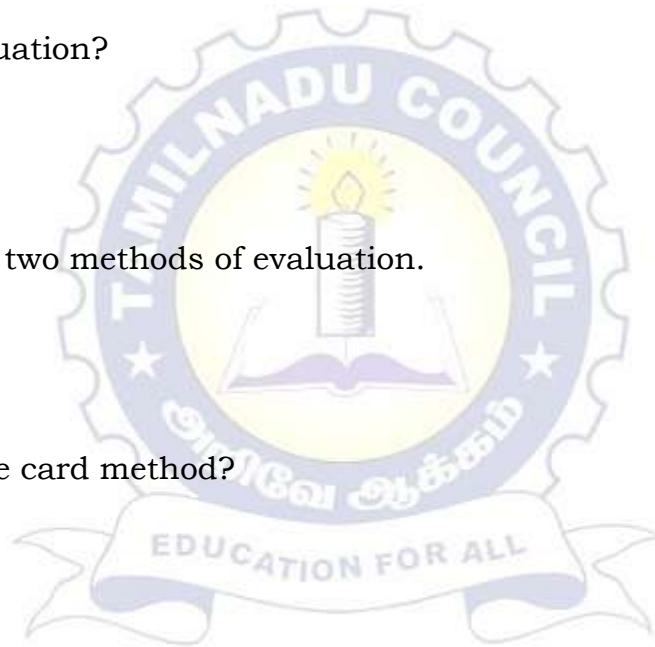
23. Mention any two steps of micro-teaching.

24. Define simulation teaching.

25. What is evaluation?

26. Mention any two methods of evaluation.

27. What is score card method?



28. Define e-learning.

29. State the importance of evaluation.

30. Write one difference between teaching method and teaching aid.



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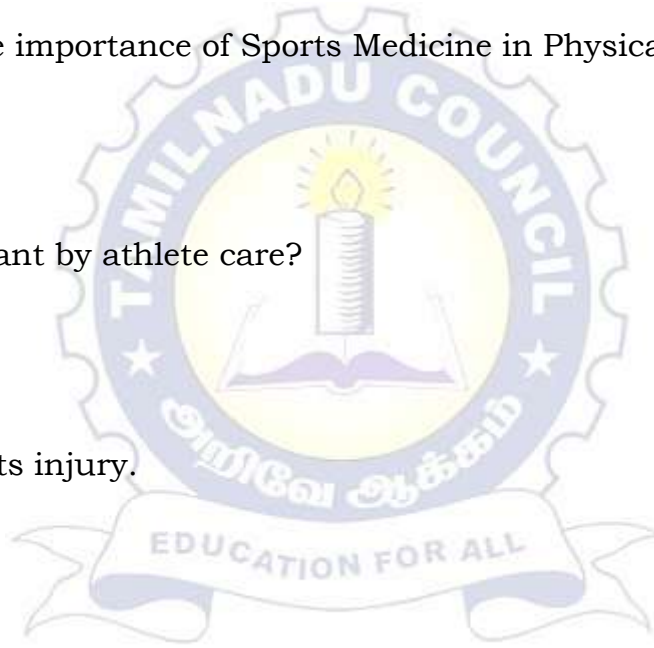
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# SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

[TEST PAPER-4]

1. Define Sports Medicine.
2. State the aim of Sports Medicine.
3. Mention the importance of Sports Medicine in Physical Education.
4. What is meant by athlete care?
5. Define sports injury.
6. Mention any two causes of sports injuries.
7. What is first aid?



8. State the principles of first aid.

9. What is fracture?

10. What is sprain?

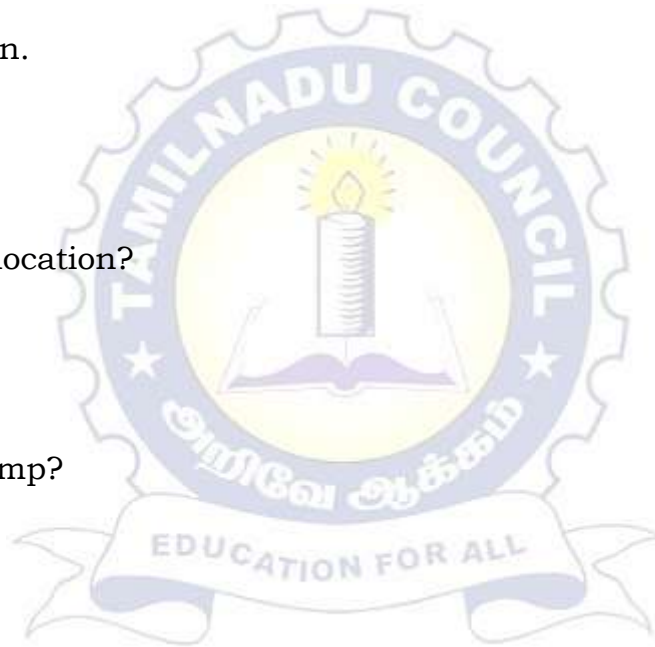
11. Define strain.

12. What is dislocation?

13. What is cramp?

14. Define CPR.

15. What is physiotherapy?



16. State the importance of physiotherapy.

17. What is hydrotherapy?

18. What is cryotherapy?

19. What is thermotherapy?

20. Define electrotherapy.

21. Name any two electrotherapy methods.

22. What is massage?



23. Name any two massage manipulations.

24. Define therapeutic exercise.

25. What are passive movements?

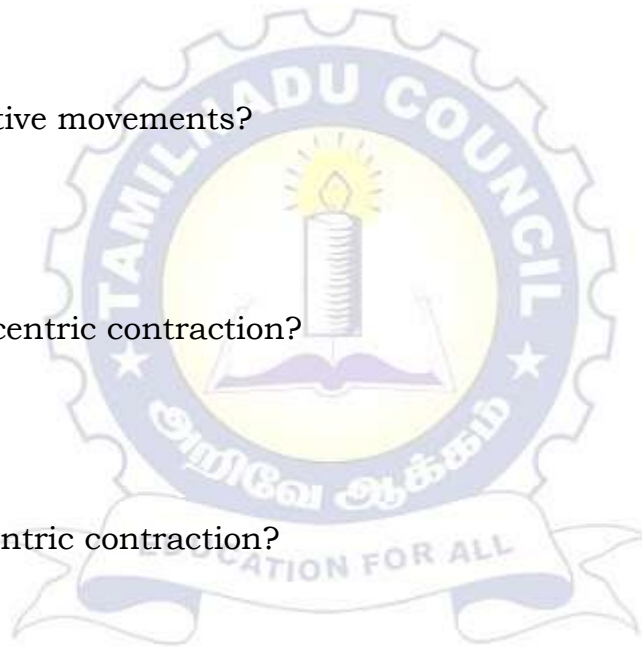
26. What are active movements?

27. What is concentric contraction?

28. What is eccentric contraction?

29. Define stretching exercise.

30. State one benefit of rehabilitation.





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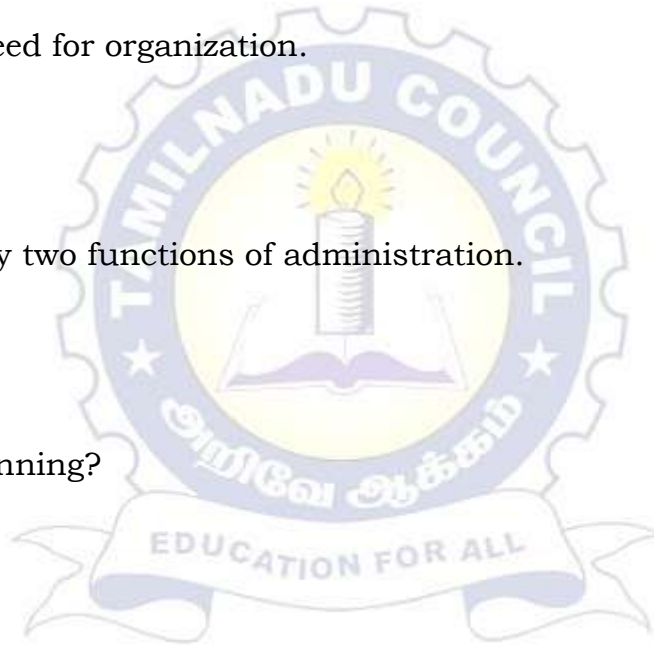
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# ORGANISATION, ADMINISTRATION AND SUPERVISION IN PHYSICAL EDUCATION

[TEST PAPER-5]

1. Define organization in Physical Education.
2. Define administration in Physical Education.
3. State the need for organization.
4. Mention any two functions of administration.
5. What is planning?
6. State any two principles of planning.
7. Define program planning.



8. What is staffing?

9. What is directing?

10. Define coordination.

11. What is controlling?

12. What is evaluation?



13. Define tournament.

14. What is knockout tournament?

15. What is league tournament?

16. Define intramurals.

17. Define extramurals.

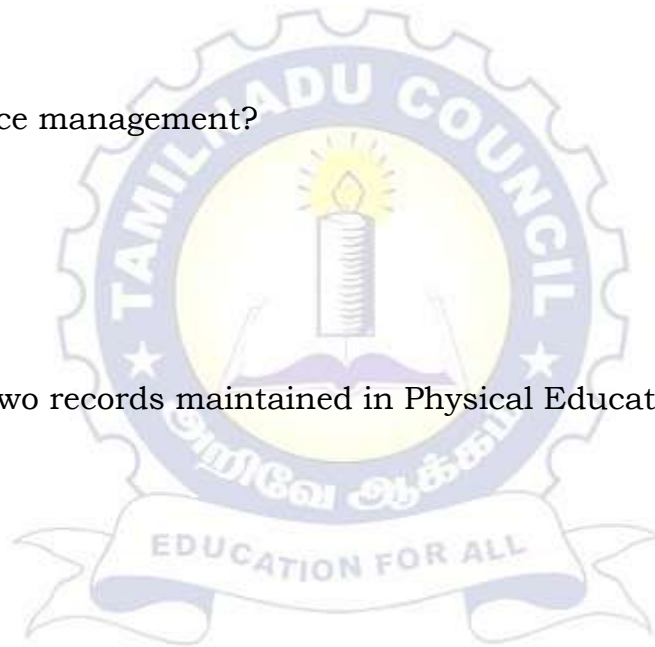
18. What is office management?

19. Name any two records maintained in Physical Education.

20. What is a stock register?

21. Define budget.

22. State the importance of budget.





23. What are sources of income in Physical Education?

24. What is facility management?

25. What is equipment management?

26. Define timetable management.

27. What is supervision?

28. State the need for supervision.

29. Mention any two methods of supervision.

30. Write one function of a supervisor.

