

23BP21

(Pages: 2)

Name:

Reg. No:

SECOND YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2025

(Regular/Supplementary/Improvement)

CC15U BPE2 T6 / CC19U BPE2 T6 – TEACHING METHODS IN PHYSICAL EDUCATION

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

PART A

Answer any *three* questions.

1. What are the importance of lesson plan in teaching? Briefly Describe the differences between General and Specific lesson plan.

(1 × 15 = 15 Marks)

2. (A) Name the following:

- (a) The first menstrual period in a female adolescent.
- (b) A device that displays content on a large screen or surface.
- (c) The process of stimulating an individual to act in a certain manner.
- (d) The skill we develop in coordinating and controlling large muscle groups.
- (e) The team which is defeated once gets eliminated and is not given another chance to play.

(5 × 1 = 5 Marks)

- (B) Match the following:

- | | | |
|----------------|---|--------------------|
| (a) Javelin | - | 3.048 m |
| (b) Cricket | - | 34.92 ⁰ |
| (c) Football | - | 28.96 ⁰ |
| (d) Basketball | - | 20.12 m |
| (e) Discus | - | 2.44 m |

(5 × 1 = 5 Marks)

- (C) Fill in the blanks:

- (a) Except for the first and last hurdles the distance between each hurdle is ----- in women's 100m hurdles.
- (b) The length of a standard badminton court is -----
- (c) In Kho-Kho, Area left on both sides of the rectangular court is called -----
- (d) In Kabaddi if there is a tie, a toss will be taken and the chance to ride is called ----
- (e) In Cricket ----- is a line at each end and at right angles to the bowling crease

(5 × 1 = 5 Marks)

3. Explain the following:
- (a) Detail the importance of calisthenics and rhythmic exercise in physical education.
 - (b) Describe the types of class formation in the teaching and learning process.
 - (c) What are the criteria to be followed while implementing modifications and innovations in teaching?

(3 × 5 = 15 Marks)

4. Briefly explain the following:
- (a) Detail the steps to organize an invitation tournament.
 - (b) What are the criteria and the steps to follow while purchasing teaching aids?
 - (c) Differentiate classroom and outdoor teaching.

(3 × 5 = 15 Marks)

5. Write short notes on:
- (a) Professional qualifications and qualities of a Physical Education Teacher.
 - (b) Prepare a Round-Robin fixture for 10 teams.
 - (c) Detail the different audio-visual aids used in teaching.

(3 × 5 = 15 Marks)

PART B

Answer any *one* question.

6. Stages of Growth and Development. Detail the characteristics during developmental stages.

(1 × 15 = 15 Marks)

7. Write short notes on:
- (a) Physical activity and their effect on Aging.
 - (b) Nature and Types of Recreational activities.
 - (c) Anatomical and Physiological difference between Male and Female.

(3 × 5 = 15 Marks)

PART C

Answer any *five* questions.

- 8. Feedback.
- 9. Calisthenics.
- 10. Mass competition.
- 11. Seeding.
- 12. Leisure time.
- 13. Curriculum and syllabus.
- 14. Menstruation.
- 15. Stagger.

(5 × 3 = 15 Marks)
