

24BP21

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Name:

Reg. No:

SECOND YEAR B.P.E. DEGREE EXAMINATION, APRIL 2026

(Regular/Supplementary/Improvement)

CC15UBPE2T6 / CC19UBPE2T6 – TEACHING METHODS IN PHYSICAL EDUCATION

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

PART A

Answer any **one** question. The question carries 15 marks.

1. Discuss the significance and objectives of lesson planning in Physical Education, and describe its major components.
2. Explain the procedure for drawing a fixture for 21 teams in a single knock-out tournament. Also, draw a diagram of a Handball court with all standard measurements.

(1 × 15 = 15 Marks)

PART B

Answer **all** questions. Each question carries 5 marks.

Explain the following:

3. Discuss the major age and sex characteristics of learners from pre-school to college level.
4. Discuss the major principles of teaching in Physical Education.
5. Discuss the need and importance of audio-visual aids and gadgets in teaching physical activities.

(3 × 5 = 15 Marks)

PART C

Answer **all** questions. Each question carries 5 marks.

Explain the following:

6. Discuss the methods of teaching physical activities with special reference to calisthenics and light apparatus.
7. Discuss the types of class formations used in the teaching–learning process and the qualities of good class management.
8. Differentiate between formal and informal methods of teaching, and discuss the major factors influencing the choice of appropriate teaching methods.

(3 × 5 = 15 Marks)

PART D

Answer *all* questions. Each question carries 1 mark.

Fill in the blanks:

- 9. _____ evaluation is carried out at the end of a course or term to assess overall achievement.
- 10. The number of matches in a league (single round robin) tournament is calculated by the formula _____.
- 11. Demonstration videos used in teaching physical skills are examples of _____ aids.
- 12. Badminton and tennis are examples of _____ sports.
- 13. In _____ leadership, the leader makes decisions independently without consulting team members.

(5 × 1 = 5 Marks)

PART E

Answer *all* questions. Each question carries 1 mark.

State True or False:

- 14. The selection of a teaching method is not influenced by the age, ability, and interest of students.
- 15. Teaching strategies should completely ignore sex differences in physical education classes.
- 16. The principle of individual differences suggests that all students learn at the same pace.
- 17. In a teaching lesson plan, activities usually progress from simple to complex.
- 18. The radius of each curve in a standard 400 m track is 34.50 metres.

(5 × 1 = 5 Marks)

PART F

Answer *all* questions. Each question carries 1 mark.

Write answer in one word:

- 19. What is the official net height for men’s volleyball?
- 20. In physical education, using a bamboo stick as a high jump crossbar is an example of?
- 21. Learning through games, peer play, and group activities without strict rules is an example of which type of teaching method?
- 22. Motivation that comes from within a learner, like enjoyment or personal satisfaction, is called?
- 23. A detailed record of all sports equipment received, issued, and available in the inventory is called?
- 24. The process of planning, selecting, and buying sports items to meet organizational needs is called?

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- 25. Which international body governs swimming competitions worldwide?
- 26. What type of lesson plan focuses on teaching a specific skill, technique, or drill?
- 27. During which stage of development do rapid growth, hormonal changes, and emotional development typically occur?
- 28. What is the systematic process of assessing the effectiveness of teaching and learning called?

(10 × 1 = 10 Marks)

PART G

Answer *all* questions. Each question carries 1 mark.

Match the Following:

- | | | |
|---|---|--|
| 29. College Annual Sports Day | - | a. Fixed advance for expenses |
| 30. Mix of knock-out and league systems | - | b. Football Post |
| 31. Handball court | - | c. 40 m × 20 m |
| 32. Kho-Kho field | - | d. 27 m × 16 m |
| 33. Non-perishable | - | e. Combination |
| 34. Perishable | - | f. Shuttlecock |
| 35. Transformational | - | g. In-person observation and guidance during activities |
| 36. Direct Supervision | - | h. Leader motivates players through inspiration and vision |
| 37. Feedback | - | i. Intramural |
| 38. Imprest System | - | j. Provide information on performance to improve learning |

(10 × 1 = 10 Marks)
