

**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 <sup>0</sup> |
| (c) Football   | - | 28.96 <sup>0</sup> |
| (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)**

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