EC 201

II Semester B.P.Ed. Degree Examination, September 2022
(CBCS)
PHYSICAL EDUCATION (New Syllabus)
Contemporary Issues in Physical Education, Fitness and Wellness
(Elective)

Time : 3 Hours   Max. Marks : 70

Instructions : 1) Answer **all** questions.
                          2) **Each** answer shall **not** exceed **6** pages.

1. a) What do you mean by physical fitness and wellness ? Explain the importance
        and scope of fitness and wellness.   **15**

                    OR

    b) Explain the Interdisciplinary context of physical education.

2. a) Discuss the types of fitness and components of fitness.   **15**

                    OR

    b) Explain the importance of physical activity in modern life style.

3. a) Briefly explain the aerobic and anaerobic exercises.   **15**

                    OR

    b) Explain the concept of designing different fitness training program for
        different age groups.

4. a) Discuss the first aid and emergency care.   **15**

                    OR

    b) Identify common injuries and suggest their management.

5. Write short notes on **any two** of the following :   **(5×2=10)**
    a) Objectives of physical education.
    b) Hypokinetic diseases.
    c) Sets and repetitions.
    d) Health and safety measures in daily life.

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