

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM

B.P.E.S DEGREE EXAMINATION - November 2018

Fifth Semester

MODERN TRENDS IN PHYSICAL EDUCATION

Time: Three hours

Maximum: 75 marks

PART – A (10 x 2 = 20 marks)

Answer any **TEN** questions. All questions carry equal marks.

1. Aim of Physical Education.
2. Write any two professional courses in physical education.
3. Define Health.
4. Define Fitness.
5. What is Hypertension?
6. List down the Age category of pupils.
7. What is Talent Identification?
8. Define anaerobic events.
9. What is pre meal?
10. What is calorie?
11. Define Indoor Stadium.
12. Write down the types of play area.

PART – B (5 x 5 = 25 marks)

Answer any **FIVE** questions. All questions carry equal marks.

13. Explain physical education programme in school.
14. Explain the professional courses in physical education.
15. Explain the Health Benefits of physical activity.
16. Explain talent identification in games.
17. Explain the post meal for competition period.
18. Explain Nutrition in Anaerobic events.
19. Explain Equipment and its types of Equipments.
20. Explain Grass Field and wooden surface.

PART – C (3 x 10 = 30 marks)

Answer any **THREE** questions. All questions carry equal marks.

21. Explain course content for academic and professional courses.
22. Explain Fitness for special population.
23. Explain Talent identification in sports and games.
24. Explain calculating your daily calorie expenditure.
25. Explain indoor stadium structure and facilities.