



UNIVERSITY OF THE PUNJAB
M.A./M.Sc. Part – I Annual Examination – 2020

Roll No.

Subject: Sport Science & Physical Education
Paper: I (Sports Management and Planning Sports Facilities)

Time: 2 Hrs. 30 Min. Marks: 48

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Note: Attempt any FOUR questions. All questions carry equal marks.

Q.2. Define the Following terms:

- | | | |
|------------------------------|------------------------|----------------------|
| (a) Sports Management | (b) Effective Planning | (c) Sports Protocols |
| (d) Unit and functional plan | (e) Staffing | (e) Controlling |

Q.3. Sketch a tournament structure of Pakistan Hockey Federation?

Q.4. Write a detail note on Types of management?

Q.5. Jot down 10 points about Planning commission 1?

Q.6. How Funds can be generated in sports? Explain your answer with suitable examples?

Q.7. Describe establishment of policies in sports with reference to Pakistan Cricket Board?

Q.8. Explain in detail "What are the responsibilities of Physical Educator"?



UNIVERSITY OF THE PUNJAB

M.A./M.Sc. Part – I Annual Examination – 2020

Subject: Sport Science & Physical Education

Paper: II (Sports Nutrition)

Time: 30 Min. Marks: 17

Roll No. in Fig.

Roll No. in Words.

Signature of Supdt.:

Attempt this Paper on this Question Sheet only.

Division of marks is given in front of each question.

This Paper will be collected back after expiry of time limit mentioned above.

Q.1. Choose the correct answer. Cutting and overwriting is not allowed (17x1=17)

1. Which mineral deficiency is possible in women athletes:
a) Calcium b) Potassium c) Copper d) Iron
2. The calorie/Kilogram daily energy requirement is highest for:
a) Infants b) Children c) Elderly
3. Repeated weight loss of more than 5% of body weight by dehydration carries risk of
a) Kidney malfunction c) Reduced blood volume
b) Increased body temperature d) All of the above
4. Our body needs _____ liters water every day.
a) 2-3 b) 7-8 c) 10-15 d) 1-2
5. The key principle of weight reduction dieting are:
a) Select low calorie ,high nutrient food c) Use only tasteless food
b) Avoid strenuous exercise d) All of the above
6. The form of energy used by cells is called:
a) ADP b) Phosphocreatine c) Glucose d) ATP (Adenosine triphosphate)
7. The diet high in saturated fats can be linked to which of the following:
a) Kidney failure b) Bulimia c) Anorexia d) Cardiovascular disease
8. Carbohydrate supplies:
a) Fat in the body b) Electrolytes c) Fuel to the body d) All of three
9. All of the following are nutrients found in food except:
a) Protein b) Carbohydrate c) Plasma d) Vitamins
10. During strenuous training the body's heat production may exceed:
a) 2000 W b) 1000 W c) 1500 W d) None of these
11. The disease caused by the deficiency of iron is:
a) Dysentery b) Anemia c) Chicken pox d) Malaria
12. Poor or less protein intake causes:
a) Low blood pressure c) Muscle Wasting and poor wound healing
b) High blood pressure
13. A light meal is best eaten _____ before participating in a sporting event:
a) 1 hour c) Immediately before to give boost of energy
b) 2 to 4 hours d) 6 to 8 hours
14. Which of the answer below describes the benefits of a "sports drink"
a) Provide water to hydrate c) Provide electrolytes
b) Supplies carbohydrate d) All of the above
15. Which nutrient is needed for making hormones, healthier skin and make cell membranes:
a) Fats b) Carbohydrate c) Fibers d) Vitamin B12
16. Which mineral deficiency may cause anemia:
a) Iron b) Magnesium c) Iodine d) Chromium
17. The percentage of water in the human body is:
a) 60% b) 70% c) 40% d) 80%



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M.A./M.Sc. Part – I Annual Examination – 2020

Roll No.

Subject: Sport Science & Physical Education

Paper: III (Sports Biomechanics)

Time: 2 Hrs. 30 Min. Marks: 48

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Note: Attempt any FOUR questions. All questions carry equal marks.

- Q.No.2. Define the following terms in 2-3 lines. (6x2=12)
- | | |
|---------------------|-------------------------|
| i. Kinematics | ii. Linear Acceleration |
| iii. Sagittal plane | iv. Skin drag |
| v. Angular Momentum | vi. Impulse |
- Q.3 How the knowledge of Sports Biomechanics improve the standards of Sports? 12
- Q.4. Discuss the Projectile Motion and which factors effecting projectile motion. 12
- Q5. Write in detail how you conduct the Biomechanical Analysis of long Jump. 12
- Q.6 Discuss the types of levers with respect to the human body also write their advantages and Disadvantages. 12
- Q.7 Discuss the different types of friction with formulas and in which sports need more friction. 12
- Q.8 Define the Form drag which factors effecting the form drag and how reduce the form drag. 12



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M.A./M.Sc. Part – I Annual Examination – 2020

Subject: Sport Science & Physical Education
Paper: IV (Methodology of Scientific Coaching)

Roll No.
Time: 2 Hrs. 30 Min. Marks: 48

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Note: Attempt any FOUR questions. All questions carry equal marks.

2. **Attempt these short questions?** (6x2=12)
- How many seasons and cycles are present in periodization?
 - Define skill and technique?
 - Define the purpose of a coaching philosophy?
 - What is Physical Fitness?
 - Define the term BMI & BMR?
 - Write down the three basic code of ethics for coaches?
3. **Define scientific coaching? Describe different coaching styles? Explain comprehensively, why delegatory coaching style is most successful in team sports?** (2+6+4)
4. **Write down six months training plan for a Bodybuilder following all six stage steps?** (12)
5. **Briefly define the different components of Physical Fitness? Write detailed note on Power and Speed for a strength sports Player?** (6+3+3)
6. **How will you compare strength, endurance, balance, power, local muscle endurance and flexibility of strength sports and endurance sports players?** (6+6)
7. **Define Physical fitness according to WHO? How skill related Physical fitness components important for a strength sports player?** (2+10)
8. **Names different training principles? Differentiate between Principal of Progression, Progressive overload and Retrogression with special reference to strength and endurance sports?** (4+4+4)



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M.A./M.Sc. Part - I Annual Examination - 2020

Subject: Sport Science & Physical Education
Paper: V (Sports Psychology)

Time: 30 Min. Marks: 17

Roll No. in Fig.

Roll No. in Words.

Signature of Supdt.:

Attempt this Paper on this Question Sheet only.

Division of marks is given in front of each question.

This Paper will be collected back after expiry of time limit mentioned above.

Q.1. Encircle the correct answer.

(17x1=17)

- i. **The role of sport Psychologist includes:**
 - a. Help return from injury
 - b. Help to improve practice efficiency
 - c. Both a & b
- ii. **Competitive anxiety is the most frequently _____ research area in sport psychology.**
 - a. Investigative
 - b. Cognitive
 - c. Applied
 - d. Basic
- iii. **Any behavior that is intended to harm other is called _____**
 - a. Aggression
 - b. Hostile Aggression
 - c. Instrumental Aggression
 - d. All of the above
- iv. _____ is necessary for betterment
 - a. Imagery
 - b. Confidence
 - c. Creativity
 - d. Brain-storming
- v. **When something bad occur, you automatically blame yourself is known as _____**
 - a. Negativity
 - b. Self-blaming
 - c. Personalizing
 - d. All of the above
- vi. **SMARTER stands for _____**
 - a. Specific
 - b. Measurable
 - c. Accepted
 - d. Realistic
 - e. All of above
- vii. **Psychology involves the study of how _____ affect performance**
 - a. Goal setting
 - b. Good Skill
 - c. Leadership Behavior
 - d. Psychological Skills
- viii. **Biopsychology focused on the study of how the _____ influences behavior**
 - a. Brain
 - b. Heart
 - c. Movements
 - d. Body
- ix. **Instrumental Aggression is when the main aim is to _____ to your opponent**
 - a. Committing
 - b. Harming
 - c. Self-defense
 - d. Preventing
- x. **Thinking of yourself as being elated going into the competition is the example of _____**
 - a. Motivational imagery
 - b. Internal Imagery
 - c. Motivational General Arousal Imagery
 - d. Practice Imagery
- xi. **In _____ Cohesion everyone in the team has the same goal**
 - a. Social Cohesion
 - b. Task-Oriented Cohesion
 - c. At Midpoint
 - d. In Competition
- xii. **Behavior is also known as _____**
 - a. Biopsychology
 - b. Cognitive Psychology
 - c. Abnormal Psychology
 - d. Comparative Psychology
- xiii. **Cognitive Psychology is the branch of psychology that focuses on _____**
 - a. Behavior
 - b. Internal States
 - c. Emotions
 - d. Stress
- xiv. **Aggression can _____ Performance.**
 - a. Increase
 - b. Decrease
 - c. Neutral
 - d. Both a & b
- xv. **To remove conflict on should _____**
 - a. Collaborate
 - b. Compromise
 - c. Compete
 - d. Both a & b
- xvi. **Team Cohesion increase the _____**
 - a. Determination
 - b. Courage
 - c. Unity
 - d. All of the above
- xvii. **Over Arousal is because of negative reaction of a performer that leads to _____**
 - a. Anxiety
 - b. Excitement
 - c. Enjoyment
 - d. None of the above



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M.A./M.Sc. Part – I Annual Examination – 2020

Roll No.

Subject: Sport Science & Physical Education
Paper: VI (Human Anatomy)

Time: 2 Hrs. 30 Min. Marks: 48

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Note: Attempt any FOUR questions. All questions carry equal marks.

2. Attempt these short questions?

(6x2=12)

- i. Name different organs of digestive system?
- ii. Define Human Anatomy?
- iii. Briefly explain different but specific properties of cardiac muscles?
- iv. Name different organs involved in cardiovascular system?
- v. Name different stages of pre-natal life?
- vi. Name different hormones of anterior pituitary gland?

3. Name any 8 major bones of human body? Describe Histological structure of compact bone? (4+8)

4. Briefly describe gross anatomy of skeletal muscle? Briefly describe muscle of Abdomen and Hamstring? (4+8)

5. Briefly describe the anatomy of Spinal Cord? (12)

6. Name different parts of digestive system? Describe anatomical structure of mouth and Stomach? (4+8)

7. Draw and label the structure of Human Heart? Briefly describe blood circulation system in heart? (6+6)

8. Write a note on the following; (4+4+4)

- a. Pancreas
- b. Adrenal Gland
- c. Mechanism of Gaseous exchange in lungs