



UNIVERSITY OF THE PUNJAB

M.A./M.Sc. Part – II Annual Exam – 2019

Roll No.

Subject: Sport Sciences & Physical Education
Paper: I (Method of Research in Sports)

Time: 3 Hrs. Marks: 70

NOTE: Attempt any FIVE questions. All questions carry equal marks.

- نوٹ: کوئی سے پانچ سوال حل کریں۔ تمام سوالات کے نمبر یکساں ہیں۔
- Q.1. Define research, give its significance and importance for sports. سوال نمبر ۱: ریسرچ کی تعریف کیجئے۔ نیز سپورٹس کے حوالے سے اس کی اہمیت اور ضرورت ضبط تحریر میں لائیے۔
- Q.2. Discuss any two types of research high light their merits? سوال نمبر ۲: تحقیق کی دو اقسام زیر بحث لائیں نیز اس کے خواص بھی ضبط تحریر میں لائیے۔
- Q.3. Describe probability sampling methods. سوال نمبر ۳: امکانی نمونہ بندی کے طریقوں کی وضاحت کیجئے۔
- Q.4. What do you understand from population and sample in physical education? سوال نمبر ۴: آپ آبادی اور نمونہ سے کیا سمجھتے ہیں واضح کیجئے۔
- Q.5. What is meant by a research tool, identify two research tools? سوال نمبر ۵: آلات تحقیق سے کیا مراد ہے؟ کوئی سے دو آلات تحقیق کی نشاندہی کیجئے۔
- Q.6. Discuss case study as a research tool highlight its qualities? سوال نمبر ۶: کیس سٹڈی کو زیر بحث لائیے نیز اس کے خواص بھی قلم کیجئے۔
- Q.7. Discuss different types of variables. سوال نمبر ۷: مختلف اقسام کے متغیرات زیر بحث لائیے۔
- Q.8. Give the steps of developing a research proposal. سوال نمبر ۸: ایک تحقیقی منصوبہ کی تدوین کے مدارج تحریر کیجئے۔
- Q.9. Describe the need and importance of a hypothesis do give its types. سوال نمبر ۹: مفروضہ کی ضرورت و اہمیت اور اس کی اقسام سپرد قلم کیجئے۔



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Roll No.

Subject: Sport Sciences & Physical Education
Paper: II [Measurement and Evaluation in Sports]

Time: 3 Hrs. Marks: 70

NOTE: Attempt any FIVE questions. All questions carry equal marks.

- Q No. 1 Write down the concept of Test, Measurement and Evaluation and discuss its scope in Sports Sciences & Physical Education.
- Q No. 2 What do you know about Statistics. Explain Standard Deviation, Normal Curve and Correlation.
- Q No. 3 Define Validity and Reliability. Elaborate the factors affecting Validity and Reliability.
- Q No. 4 What is Physical Fitness? Write a detailed note on Physical Fitness components.
- Q No. 5 Write down the purpose and procedures of Basketball and Badminton skill tests.
- Q No. 6 Calculate the Mode and Median;

Class	10-15	16-20	21-25	26-30	31-35	36-40	41-45
Freq	7	5	11	12	9	15	13

- Q No. 7 Calculate the Mean and Standard Deviation;

Class	50-55	56-60	61-65	66-70	71-75	76-80	81-85
Freq	9	11	15	14	18	11	3



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Subject: Sport Sciences & Physical Education

Paper: III (Exercise Physiology)

Time: 3 Hrs.

Marks: 70

NOTE: Attempt any FIVE questions. All questions carry equal marks.

Q No 1 How doping can enhanced the performance of athlete? Describe 10 banned substances that are banned by World Anti-Doping Association (WADA)?

Q No 2 Explain in detail how training can improve fitness in sports? Elaborate your answer with the help of suitable example?

Q No 3 Define Strength Endurance in sports? Explain in detail any strength endurance Test?

Q No 4 Write on the followings?

(a) Radiation (b) Evaporation (c) Conduction (d) Convection

Q No 5 what are the major effects of heat on performance and how we can acclimatize to hot and humid climate environment?

Q No 6 Define Sports Physiology? Write a detail note on application of exercise physiology in sports?

Q No 7 What is the effects of cold climate on performance? Write a detailed note on cold climate diseases in sports?

Q NO 8 Write a note on gases exchange and respiratory volumes in detail?

Q NO 9 Write a note on "Principal of Rest and Recovery" in detail?



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M.A./M.Sc. Part – II Annual Exam – 2019

Subject: Sport Sciences & Physical Education

Paper: IV (Fitness & Wellness)

Roll No.

Time: 3 Hrs.

Marks: 70

NOTE: Attempt any FIVE questions. All questions carry equal marks.

- Q.1. Write down the health benefits of doing physical activity.
- Q.2. How would you define the term drugs? Write down the use, misuse and abuse of drugs in sports.
- Q.3. Define the term fitness and wellness. Also write down the facts about physical fitness.
- Q.4. Why safety is important for exercise? Write down 10 safety steps for safe exercise.
- Q.5. What is Strength Training? Design 10 weeks Training program to gain strength.
- Q.6. How would you prepare your athlete before doing any physical activity?
- Q.7. Write down Life style modification plan through which risk factors may be reduced.
- Q.8. How physical activity leads to a better and healthy life style?
- Q.9. Write a detailed note on sports specific fitness program.



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M.A./M.Sc. Part – II Annual Exam – 2019

Subject: Sport Sciences & Physical Education

Paper: V (Leadership in Sports)

Time: 3 Hrs.

Marks: 70

Roll No.

NOTE: Attempt any FIVE questions. All questions carry equal marks.

- Q.1. Leaders are born or made? Justify your statement by keeping in view the qualities/characteristics/traits of an effective leader.
- Q.2. Define leadership and discuss salient features of transformational and transactional Leadership.
- Q.3. Explain how a sports leader different from sports manager.
- Q.4. Explain the following in perspective of meeting.
- a) Notice of Meeting b) Report Writing
- Q.5. Explain the following:
- a) Types of managerial decisions b) Models of decision making
- Q.6. How fair play leads to sports excellence? Discuss in detail.
- Q.7. Explain what are the major assumption and criticism on trait theory of leadership.
- Q.8. Explain the following:
- a) Types of communication b) Annual Report of Individual Performance
- Q.9. Write a note on the following:
- a) Press release b) Media Coverage



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Subject: Sport Sciences & Physical Education
Paper: VI(e) (Science of Track & Field)

Roll No.

Time: 3 Hrs. Marks: 70

NOTE: Attempt any FIVE questions. All questions carry equal marks.

- Q. No. 1 a) How would you draw out the measurements from one straight of 81 m to marks a standard athletic track? (08)
- b) How would you verify the under given measurements to make a standard athletic track and also explain with example of diagram. (06)
- Total length of a track: 178.08 m Total width of a track: 97.09 m
Width of a lane: 1.22 m
- Q. No. 2: a) What is sports committee, explain in detail with example. You also give the dates of Formation of IOC & name of its presidents (04)
- b) Write down the duties of IOC to improve sports in the world. (10)
- Q. No. 3 a) Write down the Fouls in the event of Long Jump. (06)
- b) What is the Techniques/Mechanic which improves the performance in Long Jump? (08)
- Q. No. 4 a) What is Athletics? (02)
- b) How would you to make a complete programme of Athletic Meet of the University level of two days with three sessions? (12)

P.T.O.

- Q. NO. 5 a) it is said that the participating Rules of the Modern Olympic Games are better than the Rules of the Ancient Olympic Games, prove with reasons. (14)
- Q. No. 6 a) Define in detail the Role of Barren Pierre-De-Coubertin in the re-construction of the Modern Olympic Games. (14)
- Q. No. 7 a) How would you make a Run-up along with Sector of throwing a Javelin as per Rules of I.A.A.F? (08)
- b) Write down the Techniques which improve the performance in throwing the javelin (06)
- Q. No. 8 Define the rules of the cross country Race. (14)
- Q No. 9 Write down the short-notes on the following officials.
- Technical Manager (6)
 - Referee (4)
 - Starter (4)