UNIVERSITY OF THE PUNJAB

B.S. 4 Years Program / Fourth Semester - 2020

`				
<u> </u>		_		
R'qII	No.	in	Words.	

Signature of Supdt.:

`\ Roll No. in Fig.

Paper:Physical Education

Course Code:PE-211 Part – I (Compulsory)

Time: 15 Min. Marks: 10 ...

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.

11113	r aper will be collected b	ack after expiry of th	ne mmt mentioned ab	<u> </u>			
Q.1.	Encircle the right ans	swer cutting and ov	erwriting is not allov				
1.	A transport a valued sports person from where they are to where they want to be;						
	a) Coach	b) Leader	c) Politician d) T	eacher			
2.	Pedagogy and andragogy ate use to describe the _			of teaching.			
	a) Philosophy		c) Science d) b				
3.	Involve large muscle movements which are not very precise and include many fundamental movement pattern such as walking, running and jumping.						
	a) Gross skills	b) Fine skills	c) Simple skill	d) Complex skill			
4.	A skill learnt in the past affects a kill currently being learnt or to be learnt in the future.						
	a) Proactive transfer	b) Retroactive transfer	c) Theory to pract	ice d) Both a & b			
5.	We warm up mainly for;						
	a) To decrease performa	nce b) To prevent inju	ry c) To develop muse	cle d) Make energy			
6.	The cool down reduce the soreness.	e amount of	in the muscle and	therefore reduce muscle			
	a) Nitric acid	b) Water	c) Lactic acid	d) HCl			
7.	A resting heart rate below indicates a good fitness level.						
	a) 70	b) 71	c) 73	d) 72			
8.	The following componer	eration;					
	a) Safety	b) Build	ling reports & massage				
	c) Demonstration & questioning d) All of these						
9	Is the ability of our body	Is the ability of our body system to work efficiently?					
	a) Exercise	b) Sports	c) Physical fitness	d) Walking			
10.	Helps to stay healthy;						
	a) Health related fitness	components b)	Skill related fitness com	ponents			
	c) None of these	d)	Both a & b				



3.

UNIVERSITY OF THE PUNJAB

B.S. 4 Years Program / Fourth Semester - 2020

Roll No.

(5+5)

Paper:Physical Education Course Code:PE-211 Part – II

Time: 2 Hrs. 45 Min. Marks: 50

ATTEMPT THIS (SUBJECTIVE) ON THE SEPARATE ANSWER SHEET PROVIDED

Q.2.	SHORT QUESTIONS	(2x10)					
1.	Define periodization in sports?						
2.	Define Physical Education?						
3.	Define skill and technique?						
4.	How social and emotional development can be done through Physical Educa	ation?					
5.	Briefly describe the role of Physical Education in developing awareness of exercise in life of a common person?						
6.	Name different career opportunities after studying Physical Education?						
7.	Briefly describe major concerns about sports according to current era?						
8.	Define Physical fitness according to WHO?						
9.	Define principal of reversibility in sports training?						
0.	Define game specific active warm up?						
Q.3.	BRIEF QUESTIONS (10x3)					
1.	What is the role of Physical activity in the lives of girls and women? A teaching styles in movement education for sports?	Also describe different					
2.	Describe different stages and factors influencing learning of a motor skill leadership?	? Describe delegatory (6+4)					

What are general guidelines for principle of training threshold and principle of season?