

UNIVERSITY OF THE PUNJAB



Part-I A/2018
Examination:- M.A./M.Sc.

Roll No.

Subject: Sport Science & Physical Education **TIME ALLOWED: 3 hrs.**
PAPER: I (Sports Management and Planning Sports Facilities) **MAX. MARKS: 70**

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

Q No 1. Differentiate between sports management and administration? Write down at least 10 differences which clarify your point?

Q No 2. Sketch a structure, Strategies and policies of Pakistan Volleyball Federation?

Q No 3. Define Artificial surfaces and discuss in detail Artificial surfaces (indoor and outdoor)?

Q No 4. Write a detailed note on importance and understanding of planning commission-1?

Q No 5. Explain administrative units in facilities for facility and Staff in sports arena?

Q No 6. Write a comprehensive note on the following research facilities:-

(a) Biomechanics research Laboratory (b) Physiology research laboratory

Q No 7. Write a detail note on swimming pool facility??

Q No 8. What essential protocols are required in planning and organizing a sports event?
Discuss it with the help of suitable examples

Q No 9 Define research facility in sports and explain in detail how important it is in the sports era?

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Part-I A/2018
Examination:- M.A./M.Sc.

Roll No.

Subject: Physical Education

TIME ALLOWED: 3 hrs.

PAPER: I (Philosophy of Physical Education and Recreation)

MAX. MARKS: 65

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

نوٹ: کوئی سے پانچ سوالات حل کریں۔ تمام سوالوں کے نمبر یکساں ہیں۔

Q1. Define physical education. How it can help to build a healthy social society?

تعلیم جسمانی کی تعریف کریں نیز بتائیں کہ یہ کس طرح صحتمند سوشل معاشرہ تعمیر کرنے میں مدد دیتی ہے۔

Q2. Define recreation. Explain its aims and objectives.

ریکری ایشن کی تعریف کریں نیز اسکے اغراض و مقاصد بیان کریں۔

Q3. Explain leadership role in the progress of a nation.

قومی ترقی میں قیادت کے کردار پر روشنی ڈالیں۔

Q4. Physical education is necessary to promote games and sports. Discuss.

گیمز اور سپورٹس کی ترقی کے لیے تعلیم جسمانی ضروری ہے۔ بحث کریں۔

Q5. Physical education is essential to provide a good leader. Discuss.

ایک اچھا قائد مہیا کرنے کے لیے تعلیم جسمانی ضروری ہے۔ بحث کریں۔

Q6. Prepare two days recreational program for a school.

ایک سکول کے لیے دو روزہ تفریحی پروگرام تیار کریں۔

Q7. What are the objectives of community recreation?

کیونٹی ریکری ایشن کے مقاصد بیان کریں۔

Q8. Define philosophy and write its two kinds in detail.

فلاسفی کی تعریف کریں؟ اور اسکی اقسام کی وضاحت کریں۔

Q9. "A sound body has a sound mind". Discuss.

"صحتمند جسم میں صحتمند دماغ ہوتا ہے"۔ بحث کریں۔



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Part-I A/2018
Examination:- M.A./M.Sc.

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Subject: Sport Science & Physical Education
PAPER: II (Sports Nutrition)

TIME ALLOWED: 3 hrs.
MAX. MARKS: 65

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

1. write down different Functions of Food in detail
2. Write a detail note on working of human digestive system along with its diagram
3. How will you load Carbohydrates to a Marathon runner through Modified method of Carbohydrate loading and what concern will he/she face in this method
4. how caffeine effect on metabolism and discuss in detail about eating disorders?
5. Explain how Carbohydrates provide energy to athletes through Oxidative Independent Glycolytic Energy system?
6. What is water-cycle? And explain how adequate hydration is important for an athlete before, during and after exercise
7. Calculate Basal Metabolic Rate (BMR) and Total Daily Energy Expenditure (TDEE) per minute of a 27 years male of sport sciences having very active (hard exercise/sports 6-7 days/week) life style with height of 5 feet 7 inches while her body weight is 128 pound

BMR Formula for Boys = $66 + (13.7 \times \text{weight in kg}) + (5 \times \text{height in cm}) - (6.8 \times \text{age})$

Note: 1 inch = 2.54 cm.

1 kilogram = 2.2 lbs.

8. Minerals have no calories but why their use in our diet is mandatory
9. Write a detail note on the following
 - (a) Vitamin D
 - (b) Calcium (Ca)

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Part-I A/2018
Examination:- M.A./M.Sc.

Roll No.

Subject: Physical Education
PAPER: II [Movement Education (Basic Concepts)]

TIME ALLOWED: 3 hrs.
MAX. MARKS: 65

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

نوٹ: کوئی سے پانچ سوالات حل کریں۔ تمام سوالوں کے نمبر یکساں ہیں۔

Q.1 Define movement and also describe its importance in detail. 4+9=13

1- حرکت کی تعریف کریں اور اس کی اہمیت تفصیل سے بیان کریں۔

Q.2 Write down different body defects and its general causes in detail. 13

2- جسمانی نقائص سے کیا مراد ہے نیز ان نقائص کی وجوہات تفصیل سے بیان کریں۔

Q.3 Write notes on following. مندرجہ ذیل پر نوٹ لکھیں 6 1/2 + 6 1/2

i) walking and running چلنا اور دوڑنا ii) Jumping and hopping اچھلنا اور کودنا

Q.4 What are different types of body posture which one is best for sports. 13

4- جسم کی مختلف اقسام کو کونسی ہیں کونسا جسم کھیلوں کیلئے بہترین ہے۔

Q.5 Describe Power, Flexibility and Agility. 4+4+5

5- قوت، لچک، اور پھرتی کو بیان کریں۔

Q.6 What do you know about locomoto and nonlocomoto activity explain in detail. 14

6- لو کو موٹو اور نان لو کو موٹو حرکات کے بارے میں آپ کیا جانتے ہیں تفصیلاً بیان کریں۔

Q.7 What are the small area games explain different types of small area games briefly. 13

7- چھوٹے رقبے کے کھیلوں سے کیا مراد ہے اس کی اقسام کے بارے میں مختصر لکھیں۔

Q.8 Enlist the equipment's of Educational Gymnastic and its maintenance in detail. 13

8- تعلیمی جمناسٹک کے سامان کی لسٹ بتائیں اور ان کے سامان کی نگہداشت کے بارے میں تفصیلاً بیان کریں۔

Q.9 Write a note of following. مندرجہ ذیل پر نوٹ لکھیں 6 1/2 + 6 1/2 = 13

i) Movement Sequences بتدریج ترقی حرکات کا جملہ
ii) Progression حرکات کا جملہ



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Subject: Physical Education
PAPER: III (Sports Medicine)

TIME ALLOWED: 3 hrs.
MAX. MARKS: 65

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

نوٹ: کوئی سے پانچ سوال حل کریں۔ تمام سوالات کے نمبر برابر ہیں۔

- Q.1 Define Sports Medicine. What is its significance in Physical Education. Explain. (3, 10=13)
سوال نمبر ۱: سپورٹس میڈیسن کی تعریف لکھیں تعلیم جسمانی میں اس کی کیا اہمیت ہے؟ بیان کریں۔
- Q.2 What is bone. Give its classification on the basis of formation, structure, region and size & shape. (1, 4x3=13)
سوال نمبر ۲: ہڈی سے کیا مراد ہے۔ اس کی بناوٹ۔ ساخت۔ علاقائی اور شکل و صورت کی بنیاد پر درجہ بندی بیان کریں۔
- Q.3 What do you mean by a muscle. Give an account of the following muscles: (1, 6, 6 = 13)
i). Quadriceps muscles ii). Gastrocnemius
سوال نمبر ۳: عضلے سے کیا مراد ہے؟ مندرجہ ذیل عضلات کے بارے میں بیان کریں۔
الف۔ Quadriceps کا عضلہ ب۔ پنڈلی کا عضلہ
- Q.4 What are the effects of exercise on our body. Explain in detail. (13)
سوال نمبر ۴: ورزش کرنے سے ہمارے جسم پر کیا اثرات مرتب ہوتے ہیں تفصیل سے بیان کریں۔
- Q.5 Define Flexibility. Give its types and significance. What are the factors effecting flexibility. How will you increase flexibility of athletes. (2,2,3,4,2=13)
سوال نمبر ۵: لچک کی تعریف لکھیں۔ اس کی اقسام و اہمیت بیان کریں۔ لچک پر اثر انداز ہونے والے عوامل بیان کریں نیز کھلاڑیوں کی لچک میں آپ کیسے اضافہ کریں گے۔
- Q.6 Name the hormones of Pituitary, Thyroid, Pancreas & Ovary. Explain the actions of ADH and growth hormone in detail. (5,5,3=13)
سوال نمبر ۶: پچوٹری۔ تھائرائیڈ۔ لیلے اور ادری کے ہارمون کے نام لکھیں۔ ADH اور گروتھ ہارمون کے اثرات تفصیل سے بیان کریں۔
- Q.7 Discuss the structure of sympathetic nervous system. How does it influence that sportsmen? (7, 6 = 13)
سوال نمبر ۷: سمپتھٹک نروس سسٹم کی ساخت بیان کریں۔ نیز کھلاڑیوں پر اس کے اثرات بیان کریں۔
- Q.8 Discuss the Principles of Training in detail. (13)
سوال نمبر ۸: ٹریننگ کے اصول تفصیل سے بیان کریں۔
- Q.9 Write short notes on the following. (4, 3, 3, 3 =13)
i). Insuline
ii). Motor Unit
iii). Synergist Muscle
iv). Synovia
سوال نمبر ۹: مندرجہ ذیل پر مختصر نوٹ لکھیں:
الف۔ انسولین ب۔ Synergist عضلات
ج۔ موٹرونیٹ د۔ سائوویا



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Subject: Sport Science & Physical Education
PAPER: III (Sports Biomechanics)

TIME ALLOWED: 3 hrs.
MAX. MARKS: 65

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

- Q.1. Define Biomechanics. also explain the Qualitative and quantitative Biomechanical Analysis with sports examples. 4+9
- Q.2. a) Define the distance and displacement with sports examples. 3+3+7
b) Find the speed, velocity and pace of the athlete if athlete complete 2 rounds of standard track in 1 minutes 50 seconds.
- Q.3. Define Friction Force and types of friction. In which sports we increase or decrease the friction coefficient, write the name of sports. 3+6+4
- Q.4. Define Inertia and Explain Newton's first law of motion with the help of sports examples and its Importance in sports fields. 5+8
- Q.5. Describe the Biomechanical analysis of Bowler in cricket in detail. 13
- Q.6. (a) Write the names of planes and axes of the Human movements.
(b) Walking, running, back role, side bend, forward role and longitudinal twisting these movements in which plane write the names separately. 7,6
- Q.7. Define center of gravity and role of center of gravity in different sports. In which sports short height athletes are more successful. 3+8+2
- Q.8. Define drag force and types of drag force. Describe its effect on swimming and how can we reduce it 13
- Q.9. Write the short note on following, with the help of sport examples. 13

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PAPER: IV (Methodology of Scientific Coaching)

TIME ALLOWED: 3 hrs.
MAX. MARKS: 65

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

1. Define Scientific Coaching? Describe in detail the role of a coach in the grooming of sports skills of a player? 2+11
2. Write down in detail the macro cycle training plan for a High Jumper? 13
3. Define coaching philosophy? Do you think, delegatory coaching style is most effective coaching style in team sports? Answer with sports example? 2+11
4. How a novice badminton sport player can be tactically and mentally trained for being a good player? Answer in detail? 6+7
5. Write down psychological and physical objectives of warm up and cool down? 7+6
6. What are different stages for development of a macrocyclic training program? Give details of all stages in their sequential order? 13
7. Name different health related and skill related fitness components? Write a detailed note on balance and agility with sports examples? 7+6
8. Name different training principles? Write a detailed note on principle of retrogression, season and training threshold? 4+4+5
9. Briefly describe different loops and types of feedback while learning some new skill 6+7



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

TIME ALLOWED: 3 hrs.
MAX. MARKS: 65

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

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| Q.1. Define sports Psychology and explain its importance in sports. | 5+8 |
| Q.2. Define "Anxiety" explain the types of Anxiety. | 5+8 |
| Q.3. How we develop self-confidence through self-talk. | 13 |
| Q.4. How theories of aggression help an athlete to control her/his aggression. | 13 |
| Q.5. Explain the reasons for Goal setting. | 13 |
| Q.6. Define imagery, explain benefits of imagery. | 5+8 |
| Q.7. Explain the Arousal Energizing strategies. | 13 |
| Q.8. Define interventions to enhance sports cohesion. | 13 |
| Q.9. Explain the types of conflicts in detail. | 13 |



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

TIME ALLOWED: 3 hrs.
MAX. MARKS: 65

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

- Q. No.1 Define Anatomy and discuss its significance for sportsmen. (3, 10)
- Q. No.2 Name different muscle movements and explain the following with examples. (5, 8)
- a). Prime Movers b). Antagonist
c). Action of Paradox d). Synergists
- Q. No.3 Define a joint. Classify joints on the basis of movement. Explain the structure and movements of a synovial joint. (1, 3, 6, 3)
- Q. No.4 Discuss the circulation of blood through heart and lungs. (13)
- Q. No.5 Discuss the mechanism of Inspiration and expiration in detail. (7, 6)
- Q. No.6 Briefly explain the following (3, 4, 6)
- a). Parathyroid gland b). Teeth c). Liver
- Q. No.7 Name the regions of vertebral column and explain the internal and external structure of spinal cord. (3, 10)
- Q. No.8 Briefly explain the actions of following hormones on our body. (7, 6)
- i). ADH
ii). Growth hormone
- Q. No.9 Write short notes on the following: (4, 3, 4, 2)
- i). Carpal Bones
ii). WBC
iii). ST Fibers
iv). Layers of Heart