



UNIVERSITY OF THE PUNJAB

Part-I : Supplementary Examination 2018

Examination:- M.A./M.Sc.

Roll No.

Subject: Sport Science & Physical Education

PAPER: I (Sports Management and Planning Sports Facilities)

MAX. TIME: 3 Hrs.

MAX. MARKS: 70

NOTE: Attempt any FIVE questions. All questions carry equal marks. (14x5)

- Q.No.1 Define sports Administration and Management, also write down its significance and Scope?
- Q.No.2 Write down in detail qualities of a good manager?
- Q.No.3 Sketch the Tournament structure of "Pakistan Cricket Board (PCB)"?
- Q.No.4 Write a note on steps of planning and explain it with the reference of sports facilities?
- Q.No.5 Explain in detail the responsibilities of Physiological educationist in detail?
- Q.No.6 Define research facilities in sports and explain in detail the following research facilities?
(a) Exercise physiology Lab (b) Biomechanics Lab?
- Q.No.7 Explain in detail the following administration unit facilities?
(a) Audio-Video rooms facility (b) conference room facility
(c) Toilet and lavatory facility
- Q.No.8 Describe a detail information about swimming pool facility?
- Q.No.9 Write a detailed note on understanding of planning commission I?



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

MAX. TIME: 3 Hrs.
MAX. MARKS: 65

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

- Q 1. How BMR help to manage your body weight and discuss in detail the procedure (Step by Step) which you follow to reduce an obese boy's body weight who is a student of MSc Mathematics?
- Q 2. What is Nutrition? Explain the importance of Nutrition in exercise and sports
- Q 3. Differentiate in detail between Classic Carbohydrate loading method and Modified Carbohydrate loading method. Also mention concerns & drawbacks during depletion & repletion phases
- Q 4. Explain in detail how eating disorders hurts sportsmen badly?
- Q 5. Write a detail note on consumption of energy during low intensity exercise
- Q 6. How Dehydration hurts more an athlete than a common person? Discuss in detail
- Q 7. Calculate Basal Metabolic Rate (BMR) and Total Daily Energy Expenditure (TDEE) per minute of a 23 years female of sport sciences having very active (hard exercise/sports 6-7 days/week) life style with height of 5 feet 5 inches while her body weight is 124 pounds

Formula for Girls $655 + (9.6 \times \text{weight in kg}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age})$

Note: 1 inch = 2.54 cm

1 kilogram = 2.2 lbs.

- Q 8. Define Trace Minerals along with two examples and write a detail note on Calcium (Ca)
- Q 9. Write a detail note on the following

(a) Vitamin A

(b) Vitamin C



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PAPER: III (Sports Biomechanics)

MAX. TIME: 3 Hrs.

MAX. MARKS: 65

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

- Q.1. Define Biomechanics. Differentiate Kinematics and kinetics with sports examples. 13
- Q.2. a. Types of Movements? Factors effecting Human Movements? 8+5
b. Differentiate speed and velocity with sports examples?
- Q.3. Define the following terms with the help of sports examples. 4+4+5
i. General Motion ii. Friction iii. Impulse
- Q.4. Define Lever. Also discuss types of lever with sports examples and its mechanical advantages in sport. 13
- Q.5. Explain the biomechanical analysis in Cricket. 13
- Q.6. Define Motion. Explain the Newton's 2nd law of motion with sports examples. 13
- Q.7. Write a short note on the following terms: 7+6
i. Impact & Types of Impact ii. Factors affect the stability
- Q.8. Discuss the 2nd and 3rd class of levers. And how find out the mechanical advantage of levers. 4,4,5
- Q.9. Define drag force and its types of drag forces. How can we reduce it in running events? 8,5



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PAPER: IV (Methodology of Scientific Coaching)

MAX. TIME: 3 Hrs.

MAX. MARKS: 65

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

- Q 1. Define Scientific Coaching? Describe in delegatory coaching style in detail? 2+11
- Q 2. Write down one year coaching plan for volleyball booster? 13
- Q 3. Define coaching philosophy? How coaching philosophy helps to develop good coaching skills in a person? 2-11
- Q 4. Write down mental and tactical training strategies for a team sport player? 6+7
- Q 5. Write down physiological objective of warm up and cool down? 7+6
- Q 6. What are the manipulative techniques involved in frequency, intensity, volume and rest in exercises during off season training, pre season training and peak season training? 13
- Q 7. Name different health related and skill related fitness components? Write a detailed note on balance and agility with sports examples? 7-6
- Q 8. Name different training principles? Write a detailed note on principle of reversibility and variation? 7+6
- Q 9. Briefly describe effects of transfer of learning? Also describe types of transfer of learning? 4-9



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Subject: Sport Science & Physical Education

PAPER: V (Sports Psychology)

MAX. TIME: 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 the role of sports Psychology in sports. | 5+8 |
| Q.2. What are Arousal energizing strategies and how they help to an athlete for better performance. | 6+7 |
| Q.3. How theories of aggression help an athlete to control her/his aggression. | 13 |
| Q.4. Explain the principles for effective goal setting. | 13 |
| Q.5. Define imagery and explain the benefits of imagery. | 5+8 |
| Q.6. Explain the relaxation strategies in sports. | 13 |
| Q.7. Explain the types of attentional focus. | 13 |
| Q.8. Define the strategies of conflict management. | 13 |
| Q.9. Explain the factors effecting cohesion. | 13 |



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Examination:- M.A./M.Sc.

Roll No.

Subject: Physical Education
PAPER: III (Sports Medicine)

MAX. TIME: 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. No.1 Define sports medicine and give its branches. (3+5x2)
سوال نمبر ۱ سپورٹس میڈیسن کی تعریف لکھیں اور اس کی شاخیں بیان کریں۔
- Q. No.2 What is a joint. Classify joints on the basis of movement. Explain the following types with examples. (1,2,10)
i. Plane Joint ii. Pivot Joint iii. Hinge Joint
iv. Saddle Shape Joint v. Ball + Socket Joint
سوال نمبر ۲ جوڑے سے کیا مراد ہے؟ حرکت کی بنیاد پر جوڑوں کی درجہ بندی بیان کریں اور مندرجہ ذیل اقسام مثالوں کے ساتھ واضح کریں۔
الف) Plane جوڑے (ب) گھومنے والے جوڑے (ج) قبضہ دار جوڑے
د) زین نما جوڑے (ہ) گولہ اور پیالہ جوڑے
- Q. No.3 What is a muscle. Discuss the gross structure and function of a skeletal muscle. (2,8,3)
سوال نمبر ۳ عضلے سے کیا مراد ہے؟ استخوانی عضلات کی عمومی ساخت و افعال بیان کریں۔
- Q. No.4 Define BMR. What are the factor effecting MBR and explain the sources of energy for athlete running 100 meters, 400 meters and 5000 meters race. (2,5,6)
سوال نمبر ۴ BMR کی تعریف لکھیں۔ اور اس پر اثر انداز ہونے والے عوامل بیان کریں۔ نیز 100 میٹر، 400 میٹر اور 5000 میٹر ریس کے کھلاڑی کن ذرائع سے طاقت حاصل کرتے ہیں۔
- Q. No.5 Define strength and explain the following in detail: (1,4x3)
(i) Isotonic contraction
(ii) Isometric contraction
(iii) Eccentric contraction
سوال نمبر ۵ طاقت کی تعریف لکھیں اور مندرجہ ذیل کے بارے میں تفصیل سے بیان کریں۔
الف) Isotonic Contractions
ب) Isometric Contractions
ج) Eccentric Contractions
- Q. No.6 Name the harmones of pituatory thyroid & adrenal gland and explain the actions of thyroxin on our body. (8,5)
سوال نمبر ۶ پچوٹری تھائرائیڈ اور ایڈرنل غدد کے ہارمون کے نام لکھیں اور ہمارے جسم پر تھائر وکسن کے اثرات بیان کریں۔
- Q. No.7 Give a detail account of Cerebrum. (13)
سوال نمبر ۷ سیربرم کے بارے میں تفصیل سے بیان کریں۔
- Q. No.8 Give a detail account of following muscles. (5,4,4)
i. Gastrocnemius ii. Biceps Brachi iii. Triceps
سوال نمبر ۸ مندرجہ ذیل عضلات کے بارے میں تفصیل سے بیان کریں۔
الف) پنڈلی کا عضلہ (ب) بائی سیپ کا عضلہ (ج) ٹرائی سیپ کا عضلہ
- Q. No.9 Write short notes on the following: (4,4,3,2)
i. Oxygen debt ii. ATP
iii. Flexibility iv. Scapula
سوال نمبر ۹ مندرجہ ذیل پر مختصر نوٹ لکھیں۔
الف) آکسیجن کا قرضہ (ب) اے ٹی پی (ج) لچک (د) شانے کی ہڈی



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PAPER: VI (Human Anatomy)

MAX. TIME: 3 Hrs.

MAX. MARKS: 65

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

- Q.1. Define anatomy. Why should it be included in syllabus of M.Sc. Physical Education. Give reasons. (3+10)
- Q.2. Describe the gross structure of above and explain the structure and movements of hip joint. (4+9)
- Q.3. Give the gross structure, and function of skeletal muscles. (10+3)
- Q.4. Briefly explain the following: (3+3+1+1+5)
- Cardiac output
 - Heart sounds
 - Artry
 - Vein
 - Portal circulation
- Q.5. Explain the structure of the following in detail: (4+6+3)
- Larynx
 - Right Lung
 - Respiratory Centre
- Q.6. Discuss the structure of Digestive system. (13)
- Q.7. Briefly explain the following: (3+6+4)
- Neuron
 - Cerebellum
 - Medulla Oblongata
- Q.8. Name the Endocrine glands of body and Harmones secreted by them (3+10)
(Restrict to names)
- Q.9. Write short notes on the following: (2+4+3+4)
- Tidal Volume
 - Meniscus
 - Platelets
 - FT Fibers