



UNIVERSITY OF THE PUNJAB

Part-II : Supplementary Examination 2018

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

Roll No.

Subject: Sport Sciences & Physical Education

PAPER: I (Method of Research in Sports)

MAX. TIME: 3 Hrs.

MAX. MARKS: 70

Note: Attempt any FIVE questions. All questions carry equal marks. (14x5=70)

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

Q. 1 Differentiate research from scientific research, do give the relationship of theory and research in physical education. (7+7)

1 تحقیق کا سائنسی تحقیق سے فرق واضح کیجیے۔ نیز تعلیم جسمانی کے حوالے سے تھوری اور تحقیق کا تعلق واضح کیجیے۔

Q. 2 Define hypothesis, give it types and characteristics of a good hypothesis.

2 مفروضہ کی تعریف کیجیے۔ اسکی اقسام بتائیے اور ایک اچھے مفروضے کے خصائص بھی تحریر کریں۔

Q. 3 Differentiate basic and applied research with examples from Physical Education

3 مبادی اور اطلاقی تحقیق میں مثالوں کی مدد سے فرق واضح کیجیے۔

Q. 4 Define a variables with reference to physical education research, do give its types.

4 تعلیم جسمانی کے حوالے سے ایک متغیر کی تعریف کیجیے نیز اسکی اقسام بھی بتائیے۔

Q. 5 Describe the difference between experimental and survey research?

5 تجرباتی اور سروے تحقیق میں کیا فرق ہے واضح کیجیے۔

Q. 6 Define sampling and also give its types.

6 نمونہ بندی کی تعریف کیجیے نیز اسکی اقسام بھی بتائیے۔

Q. 7 Define and give the merits of observation as a method of research.

7 مشاہدے کی تعریف اور اسکی خصائص بطور ذریعہ تحقیق تحریر کیجئے۔

Q. 8 what is historical research? Give the factors that are considered with the conduct of historical research.

8 تاریخی تحقیق کی تعریف کیجئے اور امور تحریر کیجئے جنہیں تاریخی تحقیق کو عمل میں لاتے ہوئے پیش نظر رکھا جاتا ہے۔

Q. 9 write a note on:

(a) Case study

(b) Types of Research

9 درج ذیل پر نوٹ لکھیے۔

(ا) کیس سٹڈی

(ب) تحقیق کی اقسام



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PAPER: II [Measurement and Evaluation in Sports]

MAX. TIME: 3 Hrs.

MAX. MARKS: 70

Note: Attempt any FIVE questions. All questions carry equal marks. (14x5=70)

Q No. 1 Describe the role of measurement and evaluation in Physical Education; also discuss the basic principles of evaluation.

Q No. 2 Basketball skills can be measured by some specific basketball skills. Explain any two of them along with the protocols.

Q No. 3 Explain testing, also explain the steps in test construction.

Q No. 4 Explain Sampling. Write down in detail different Sampling techniques.

Q No. 5 Write short note on any three of the following.

A. Units of Measurement

B. Factors affecting reliability

C. Types of Rating Devices

D. Factors affecting validity

Q No. 6 Define Motor Fitness, also explain briefly each component of Physical Fitness.

Q No. 7 Discuss the nature of statistics, moreover explain the significance of statistics in sports sciences.

Q No. 8 Calculate the Mean and Standard Deviation of the following data.

Class	50-54	45-49	40-44	35-39	30-34	25-29	20-24
f	7	11	12	15	12	11	10



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Subject: Sport Sciences & Physical Education
PAPER: III (Exercise Physiology)

MAX. TIME: 3 Hrs.
MAX. MARKS: 70

Note: Attempt any FIVE questions. All questions carry equal marks. (14x5=70)

1. What is meant by the term sports physiology? Discuss its application in sports. (4,10)
2. Enlists the principles of training and explain any two in detail. (4,5,5)
3. Define Flexibility? Write and explain sit and reach test of flexibility? (14)
4. Write a detail note on "Blood Pressure" (14)
5. What are the immediate and long-term effects of exercise on heart? (7,7)
6. Define doping. Explain its history in sports and enlist at least 20 banned substances in sports. (4,5,5)
7. Explain environmental effects on performance, what are the effects of hot and humid climate on the human performance? (7,7)
8. Write a detailed note on gasses exchange and respiratory volumes. (7,7)
9. Write a detail note on fatigue and also write down its causes? (7,7)



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

MAX. TIME: 3 Hrs.
MAX. MARKS: 70

Note: Attempt any FIVE questions. All questions carry equal marks. (14x5=70)

- Q.1. a) How would you find out the measurements from the process of one straight with length of 83m and width of a lane is 1.22m these measurement can mark a standard athletic track. 08
- b) Write down briefly on the following lines which are marked in track events 2+2+2
- i. Tangent line ii. Scratch Line iii. Break line
- Q.2. How would you prepare the programme of Athletic meet including the title, opening ceremony, order of events, prize distribution ceremony and closing ceremony of two days with three sessions. 14
- Q.3. How would you resolve the 'TIE' if occurred in the competition of High Jump with the help of score sheet. 14
- Q.4. a) Define Relay Races. Write the types of Relay Races as per rules of I.A.A.F. 07
- b) Write down the techniques of running in the competition of Relay Races. 07
- Q.5. a) Draw the circle along with sector of shot put with all measurements. 07
- b) Write down the fouls in the event of throwing the shot put. 07
- Q.6. a) What do you understand of sprint running. You also write the name of sprint events in Athletics. 07
- b) Write down the techniques which help to increase the performance in sprint running. 07
- Q.7. Discuss the duties of the following officials. 4+4+6
- i. Referee ii. Chief Time Keeper iii. Starter
- Q.8. a) Define the Hurdle race. Write the types of Hurdle races. 06
- b) Write down the techniques in which the hurdler can increase his performance. 08
- Q.9. Discuss in detail the role of Barren Pierre – De Coubertin in the reconstruction of the Modern Olympics Games and made these games as international festival in the world. 14



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PAPER: V (Leadership in Sports)

MAX. TIME: 3 Hrs.
MAX. MARKS: 70

Note: Attempt any FIVE questions. All questions carry equal marks. (14x5=70)

1. Define leadership and explain different types of leadership.
2. Is transformational leadership built “on top of” transactional leadership, or is it just a special case of charismatic leadership? Discuss in detail.
3. Communication between sportsmen and sports management can play an important role to improve the sports, discuss.
4. How you can differentiate between leader and manager? Discuss in detail.
5. Explain the following in perspective of meeting.
 - a. Tips for a good meeting
 - b. The agenda
6. Explain how communication can be effected from different barriers.
7. Explain the following.
 - a. Press conference
 - b. Types of managerial decision
8. Explain the following in details.
 - a. Media coverage
 - b. Models of decision making
9. How fair play can be promoted in sports? Discuss in detail.