



# UNIVERSITY OF THE PUNJAB

Roll No. ....

First Semester 2018

Examination: B.S. 4 Years Programme in  
Physical Education

PAPER: Philosophical Basis of Physical Education  
Course Code: PE-101

TIME ALLOWED: 30 mins.  
MAX. MARKS: 10

*Attempt this Paper on this Question Sheet only.*

**Q.1 Multiple choice questions (10)**

- a) The branch of philosophy that is concerned with reasoning is called \_\_\_\_\_.  
i). Logic, ii). Ethics, iii). Arguments, iv). None of these
- b) Which of the following is considered a “teacher-centered” philosophy \_\_\_\_\_.  
i). Essentialism, ii). Progressivism iii). Naturalism iv). None of these
- c) The role of the teacher in a perennialist class room is as a \_\_\_\_\_.  
i). Tutor ii). Counselor iii). Naturalism iv). None of these
- d) The “back-to-basics” movement is most associated with:  
i). Behaviorism ii). Essentialism iii). Professionalism iv). None of these
- e) Umpires and referees \_\_\_\_\_ sports competitions and officiate.  
i). Preside over ii). Windfall iii). Wind-up iv). None of these
- f) The objective of physical development deals with the progress of activities that build:  
i). Physical Power, ii). Mental Power, iii). Strength iv). None of these
- g) A sound physical education program helps an individual to attain:  
i). Social Skills, ii). Mental Skills iii). Injuries iv). None of these
- h) A sports dietitian uses sports nutrition as dietary strategies to maximize the \_\_\_\_\_.  
i). Performance ii). Wellness iii). Endurance level iv). None of these
- i) Fitness director is responsible to handle all \_\_\_\_\_.  
i). Health related administration ii). Exercise & games  
iii). Coordination iv). None of these
- j) Sports medicine deals with \_\_\_\_\_.  
i). Athlete’s fitness and well being ii). Cohesiveness  
iii). Mental state iv). None of these



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First Semester 2018

Examination: B.S. 4 Years Programme in  
Physical Education

Roll No. ....

**PAPER: Philosophical Basis of Physical Education**  
**Course Code: PE-101**

**TIME ALLOWED: 2 hrs. & 30 mins.**  
**MAX. MARKS: 50**

*Attempt this Paper on Separate Answer Sheet provided.*

Q:2 Describe the Aims of Physical Education in detail. (10)

Q:3 Explain the relationship of Physical Education and Islam with the reference of ;

- a) Naturalism, b) Idealism, c) Realism, d) Pragmatism  
(2.5+2.5+2.5+2.5 = 10)

Q: 4 Describe the relationship of Physical Education and Islam in the light of Seerat-e-Tayyibah. (10)

Q: 5 Questions with Short Answers; (3+3+3+3+3+3+2=20)

- a) How human body response to exercise?  
b) What are facts of Aerobic Exercise?  
c) What is an Anaerobic Exercise?  
d) Differences between Personality and Individual Differences.  
e) Differences between Behavior and Attitude.  
f) Social Influence on Group Dynamics.  
g) What is Recreation?



# UNIVERSITY OF THE PUNJAB

Roll No. ....

First Semester 2018  
Examination: B.S. 4 Years Programme in  
Physical Education

PAPER: Rules of Techniques of Games  
Course Code: PE 102

TIME ALLOWED: 30 mins.  
MAX. MARKS: 10

*Attempt this Paper on this Question Sheet only.*

**Q.1 Multiple choice questions (10)**

- 1) How many technical time outs in volleyball game?  
i). 4      ii). 2      iii). 1      iv). 3
- 2) In volleyball booster also called?  
i). Setter      ii). Smasher      iii). Blocker      iv). Spiker
- 3) Basketball game is consists of \_\_\_\_\_ points in singles?  
i). 12      ii). 10      iii). 6      iv). 8
- 4) Badminton game is consists of \_\_\_\_\_ points in singles.  
i). 11      ii). 13      iii). 15      iv). 12
- 5) Serena William is a player of \_\_\_\_\_.  
i). Tennis      ii). Badminton      iii). Table Tennis      iv). Squash
- 6) Throw off is a term used in which game \_\_\_\_\_?  
i). Handball      ii). Basketball      iii). Football      iv). Volleyball
- 7) Penalty kick is used in \_\_\_\_\_?  
i). Football      ii). Cricket      iii). Basketball      iv). Hockey
- 8) Free hit awarded in \_\_\_\_\_?  
i). Cricket      ii). Football      iii). Netball      iv). Basketball
- 9) The 2016 summer Olympic game was held in \_\_\_\_\_?  
i). Rio de Janeiro      ii). Tokyo      iii). America      iv). France
- 10) The color of Table Tennis, Table is \_\_\_\_\_?  
i). Green      ii). Yellow      iii). Red      iv). Pink



# UNIVERSITY OF THE PUNJAB

First Semester 2018

Examination: B.S. 4 Years Programme in  
Physical Education

Roll No. ....

**PAPER: Rules of Techniques of Games**  
**Course Code: PE 102**

**TIME ALLOWED: 2 hrs. & 30 mins.**  
**MAX. MARKS: 50**

*Attempt this Paper on Separate Answer Sheet provided.*

**Q.2 Write the short answer the following questions?**

- What is point score sequence in Tennis game? (3)
- What is Libro? (3)
- What is 3 pointer in basketball? (3)
- What is knockout system? (3)
- How many official time outs are in volleyball game? (3)
- what is the duration of hockey match? (3)
- what is no ball in cricket? (2)

**Q3.** Draw the sketch of volleyball court along with all its measurement and also explain the Rotation in detail? 10

**Q4. a)** Draw the football ground with all its dimensions? 10

**b)** Writes down all the positions of football Team?

**Q5.** Write down about the throw up, pivot pass and penalty shoot in Netball? 10



# UNIVERSITY OF THE PUNJAB

Second Semester - 2018  
Examination: B.S. 4 Years

Roll No. ....

PAPER: Biomechanics  
Course Code: PE-104 Part – I (Compulsory)

TIME ALLOWED: 15 Min.  
MAX. MARKS: 10

**Attempt this Paper on this Question Sheet only.**

**Please encircle the correct option. Each MCQ carries 1 Mark. This Paper will be collected back after expiry of time limit mentioned above.**

Q.1 Encircle the correct option

(10x1=10)

- I. Which of the following is associated with kinematics?
  - a) force
  - b) displacement
  - c) mass
  - d) torque
- II. Terms such as "good", "long", "flexed", and "heavy" are used in what type of biomechanical analysis?
  - a) quantitative
  - b) qualitative
  - c) anthropometric
  - d) kinetic
- III. Which of the following questions about the long jump should be answered quantitatively?
  - a) What is the horizontal velocity at take-off?
  - b) What is the angle at take-off?
  - c) both a & b
  - d) neither a nor b
- IV. Running is an example of which form of motion?
  - a) angular
  - b) general
  - c) rectilinear
  - d) curvilinear
- V. If velocity is constant, then acceleration is what?
  - a) zero
  - b) constant, but not necessarily zero
  - c) constant
  - d) not need more information
- VI. In which of the following track events is distance equal to displacement?
  - a) 400 m dash
  - b) 200 m dash
  - c) 100 m dash
  - d) 5K road race (starting line is finish line)
- VII. The most important condition for maximum horizontal displacement of a projectile is what?
  - a) velocity at release or takeoff
  - b) height of release or takeoff
  - c) angle of projection
  - d) all of the above are of equal importance
- VIII. The product of force and the time during which the force acts define what?
  - a) linear momentum
  - b) linear impulse
  - c) linear velocity
  - d) linear acceleration
- IX. Which of the following will increase stability?
  - a) lower center of gravity
  - b) decrease mass
  - c) decrease size of base of support
  - d) decrease friction
- X. Which of the following is true regarding the human body's center of gravity?
  - a) always lies within the body
  - b) varies from person to person, but remains constant within an individual
  - c) when the body is a projectile, it follows a parabolic path
  - d) all of the above are true



# UNIVERSITY OF THE PUNJAB

Second Semester - 2018  
Examination: B.S. 4 Years

Roll No. ....

**PAPER: Biomechanics**  
**Course Code: PE-104 Part – II**

**TIME ALLOWED: 2 Hrs. & 45 Min.**  
**MAX. MARKS: 50**

**Attempt this Paper on Separate Answer Sheet provided.**

## Questions with Short Answer

(4x5=20)

**Q.2 Define these terms.**

I- Sports Biomechanics, II- Kinematics V- Law of Inertia, III- Acceleration  
X- Drag Force

## Questions with Brief Answers

(3x10=30)

Q.3 Write down the importance of Biomechanics in the field of Sports. 10

Q.4 Detailed note on projectile motion and which factors effecting the projectile motion. 10

Q.5 Write a note on form drag and how we reduce in different sports. 10



# UNIVERSITY OF THE PUNJAB

Second Semester - 2018  
Examination: B.S. 4 Years

Roll No. ....

**PAPER: Track and Field**  
**Course Code: PE-105 Part – I (Compulsory)**

**TIME ALLOWED: 15 Min.**  
**MAX. MARKS: 10**

**Attempt this Paper on this Question Sheet only.**

**Please encircle the correct option. Each MCQ carries 1 Mark. This Paper will be collected back after expiry of time limit mentioned above.**

Q1. Multiple Choice Questions: **(10x1=10)**

1. 2016 Olympic was held in  
a) Rio de Janeiro b) Tokyo c) London d) England
2. In javelin throw the sector is  
a) 34.92 b) 29 c) 34.29 d) none of these
3. Weight of javelin throw for women is  
a) 800g b) 700g c) 600g d) 400g
4. The maximum diameter of a shot put circle is  
a) 2.135m b) 2.530m c) 1.135m d) 2.340m
5. The length of a standard track should be  
a) 280m b) 400m c) 800m d) 480m
6. The angle of discus throwing sector is  
a) 33.2m b) 40m c) 34.92 d) 32.0m
7. The weight of baton is  
a) 100g b) 200g c) 300g d) none of these
8. Tie should be solved in the high jump  
a) 1<sup>st</sup> position b) 2<sup>nd</sup> position c) 3<sup>rd</sup> position d) all of these
9. Maximum width of the hurdle is  
a) 1.25m b) 1.10m c) 1.20m d) 1.30m
10. The rim of circle should be at least \_\_\_\_\_ mm in shot put  
a) 5mm b) 7mm c) 6mm d) 8mm



# UNIVERSITY OF THE PUNJAB

Second Semester - 2018  
Examination: B.S. 4 Years

Roll No. ....

**PAPER: Track and Field**  
**Course Code: PE-105 Part – II**

**TIME ALLOWED: 2 Hrs. & 45 Min.**  
**MAX. MARKS: 50**

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**Attempt this Paper on Separate Answer Sheet provided.**

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Q.No.2 Write the short answers of the following questions.

- a) Who is Baron Pierre De Coubertin? (3)
- b) What are field events? (3)
- c) Write down the fouls of discus throw? (3)
- d) What do you know about starter? (3)
- e) Is finish line same in all the races or not? (3)
- f) Write the parts of javelin? (2)
- g) Write the fouls of throwing the shot put? (3)

Q.No.3 Draw the sector of shot put along with all its measurements? (10)

Q.No.4 Explain the rules of relay race in detail? (10)

Q.No.5 Write down the rules of long jump in detail. (10)





# UNIVERSITY OF THE PUNJAB

Fourth Semester - 2018  
Examination: B.S. 4 Years

Roll No. ....

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

TIME ALLOWED: 15 Mints.  
MAX. MARKS: 10

**Attempt this Paper on this Question Sheet only.**

**Please encircle the correct option. Each MCO carries 1 Mark. This Paper will be collected back after expiry of time limit mentioned above.**

(10x1=10)

1. Psychomotor abilities are;  
a) Movement controlled by hands                      b) Movement controlled by brain  
c) Movement controlled by spinal cord              d) Movement controlled by eyes
2. Coaches must respect the basic human rights that are;  
a) On the ground of color      b) Language                      c) Equal right                      d) Political based
3. Warm up is designed to elevate;  
a) Core body temperature      b) Performance                      c) Agility                              d) Intensity
4. There are \_\_\_\_\_ major types of warm up.  
a) Three                              b) two                                  c) four                                  d) five
5. We warm up mainly for;  
a) To decrease performance      b) To prevent injury      c) To develop muscle      d) Make energy
6. The cool down reduce the amount of \_\_\_\_\_ in the muscle and therefore reduce muscle soreness.  
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 components of effective coaching session require consideration;  
a) Safety                              b) Building reports & massage  
c) Demonstration & questioning      d) All of these
9. 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 components  
c) None of these                              d) Both a & b



# UNIVERSITY OF THE PUNJAB

Fourth Semester - 2018  
Examination: B.S. 4 Years

Roll No. ....

**PAPER: Physical Education**  
**Course Code: PE-211 Part – II**

**TIME ALLOWED: 2 Hrs. & 45 Mints.**  
**MAX. MARKS: 50**

**Attempt this Paper on Separate Answer Sheet provided.**

## SHORT QUESTIONS

(2x10=20)

1. Define Physical Education?
2. Define Physical Fitness?
3. Name four different subdisciplines of Physical Education?
4. How social and emotional development can be done through Physical Education?
5. Briefly describe the role of Physical Education in developing awareness of Nutrition 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. Briefly describe movement concept for general health of a person?
10. Define Non-specific active warm up?

## BRIEF QUESTIONS

(3x10=30)

1. What is the role of Physical activity in the lives of girls and women? Also describe different teaching styles in movement education for sports? (5+5)
2. Describe different stages and factors influencing learning of a motor skill? Describe Physical Activity Pyramid in detail? (6+4)
3. What are general guidelines for principle of training threshold and principle of season? (5+5)