

**SECOND SEMESTER M.P.Ed. DEGREE (SUPPLEMENTARY) EXAMINATION
APRIL 2021**

M.P.Ed.

MPEC - 202—VALUE AND ENVIRONMENTAL EDUCATION

(2020 Syllabus Year)

Time : Three Hours

Maximum : 70 Marks

Part A

Answer any three questions.

1. Describe the meaning and concepts of values.
2. Discuss personal and communal values.
3. Elaborate the need and importance of environmental studies.
4. Discuss the major causes of urban health problems.
5. Elaborate the types of natural resources.
6. Explain the process of environmental conservation.

(3 × 15 = 45 marks)

Part B

Answer any three questions.

7. Explain the objectives of value education.
8. Explain environmental conservation.
9. Explain the need of plastic recycling.
10. Discuss the duties of the pollution control board.
11. Explain soil pollution and water pollution.

(3 × 5 = 15 marks)

Answer any five questions.

12. Define value education.
13. Define environment.
14. Define recycling.
15. What is meant by environmental conservation ?
16. Define noise pollution.
17. Define thermal pollution.
18. Define food resources.
19. Define water resources.

(5 × 2 = 10 marks)

**SECOND SEMESTER M.P.Ed. DEGREE (SUPPLEMENTARY)
EXAMINATION, APRIL 2021**

M.P.Ed.

MPEC - 201—SPORTS JOURNALISM AND MASS COMMUNICATION
(2020 Syllabus Year)

Time : Three Hours

Maximum : 70 Marks

Part A

Answer any three questions.

1. Elaborate the role of national and International sports news agencies in sports promotion.
2. Differentiate general sports reporting and sports reporting.
3. Explain the role of advertising in journalism.
4. Prepare a model report of the annual sports meet to be published in the news paper.
5. Discuss the process of interviewing elite players and coaches.
6. Explain the equipments needed for editing and publishing sports photographs.

(3 × 15 = 45 marks)

Part B

Answer any three questions.

7. Explain the components of sports bulletin.
8. Discuss sports ethics and sportsmanship.
9. Discuss the radio and TV running commentary.
10. Explain the techniques of editing a sports report.
11. Explain the procedure for organizing a press conference.

(3 × 5 = 15 marks)

Part C

Answer any five questions.

12. Define Sports journalism
13. What is sports photography ?
14. What is meant by advertisements ?
15. Define ethics.
16. Define bulletin.
17. What is meant by sports organization
18. Define sportsmanship.
19. Olympic games are organized once in _____ years.

(5 × 2 = 10 marks)

**SECOND SEMESTER M.P.Ed. DEGREE (SUPPLEMENTARY)
EXAMINATION, APRIL 2021**

M.P.Ed.

MPCC - 203—SPORTS MEDICINE

(2020 Syllabus Year)

Time : Three Hours

Maximum : 70 Marks

Part A

Answer any three questions.

1. Explain the principles of therapeutic exercises.
2. Discuss the supporting and aiding techniques and equipments for lower limb and abdominal injuries
3. Explain the types and uses of strapping.
4. Discuss the advantages and disadvantages of PRICE therapy.
5. Explain the principles, precautions and contradictions of rehabilitation.
6. List down the common sports injuries and explain their prevention.

(3 × 15 = 45 marks)

Part B

Answer any three questions.

7. Explain the supporting and aiding techniques for spine injuries.
8. Discuss the different types of stretching exercises.
9. Discuss the stretching and strengthening exercises for head and neck.
10. What is a sprain ? Explain the treatment procedure.
11. Explain the types of fractures.

(3 × 5 = 15 marks)

Part C

Answer any five questions.

12. Define rehabilitation.
13. The most common running injury is _____.
14. Define sprain.
15. Define static stretching.
16. Shin splint is caused by _____.
17. What is Achilles tendinitis ?
18. Define sports injury
19. What is meant by isotonic exercises ?

(5 × 2 = 10 marks)

**SECOND SEMESTER M.P.Ed. DEGREE (SUPPLEMENTARY)
EXAMINATION, APRIL 2021**

M.P.Ed.

**MPCC - 202—SCIENTIFIC PRINCIPLES OF SPORTS TRAINING
(2020 Syllabus Year)**

Time : Three Hours

Maximum : 70 Marks

Part A

Answer any three questions.

1. Explain the aims and characteristic of sports training.
2. Explain the different types of training methods for the development of endurance.
3. Discuss the various methods of improving flexibility.
4. What is periodization? Explain the different types of periodization.
5. What are training plans and explain the different types of training plans ?
6. Explain the different types of strength training.

(3 × 15 = 45 marks)

Part B

Answer any three questions.

7. Explain the symptoms and reasons for overload.
8. Explain the principles of plyometric training.
9. Explain the components of speed.
10. Elaborate the different types of continuous training.
11. Explain the methods of improving co-ordinative abilities.

(3 × 5 = 15 marks)

Answer any five questions.

12. Gradual increase of load or intensity is referred as _____.
13. A training circuit consists of many _____.
14. What is circuit training ?
15. Define flexibility.
16. What is a transition period ?
17. What is a Fartlek training ?
18. What is isometric contraction ?
19. Define tactics.

(5 × 2 = 10 marks)

**SECOND SEMESTER M.P.Ed. DEGREE (SUPPLEMENTARY) EXAMINATION
APRIL 2021**

M.P.Ed.

MPCC—201 SPORTS AND EXERCISE PHYSIOLOGY

(2020 Syllabus Year)

Time : Three Hours

Maximum : 70 Marks

Part A

Answer any three questions.

1. Elaborate the effect of exercise and training on cardiovascular system.
2. Discuss the ATP-PC system of metabolism.
3. Explain the role of Exercise physiology in the field of physical education and sports.
4. Explain the mechanism of breathing.
5. Explain the effect of drug abuse in sports and games.
6. Discuss the environmental factors which influence training and performance in sports and games.

(3 × 15 = 45 marks)

Part B

Answer any three questions.

7. (a) Explain the effect of human growth hormone on sports performance.
- (b) Explain the mechanism of exchange of gases in the muscles.
- (c) Explain aerobic metabolism.
- (d) Discuss the role of stimulants in sports performance.
- (e) Explain the energy metabolism during rest and recovery.

(3 × 5 = 15 marks)

Turn over

Part C

Answer any five questions.

8. (a) Define Exercise Physiology.
- (b) _____ is the post exercise oxygen consumption above the basal consumption level.
- (c) What is tidal volume ?
- (d) _____ is the source of energy for anaerobic activities.
- (e) What is ATP ?
- (f) What are the types of muscle fibers ?
- (g) What are stimulants ?
- (h) What is meant by muscle tone ?

(5 × 2 = 10 marks)