

**VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**

**B.P.E.S DEGREE EXAMINATION - April 2019**

**Fifth Semester**

**MODERN TRENDS IN PHYSICAL EDUCATION**

Time: Three hours

Maximum: 75 marks

**PART – A (10 x 2 = 20 marks)**

Answer any **TEN** questions. All questions carry equal marks.

1. Define physical education.
2. List down the physical education programme in schools.
3. Define blood pressure.
4. What is a Drug?
5. What is Obesity?
6. Define sports.
7. Write down the activities for different Ages.
8. Define Aerobic events.
9. What is post meal?
10. Define Nutrition.
11. Define Equipment.
12. What is synthetic track?

**PART – B (5 x 5 = 25 marks)**

Answer any **FIVE** questions. All questions carry equal marks.

13. Explain physical education programme in college.
14. Explain the physical inactivity for health.
15. Explain the obesity and diabetes.
16. Explain Talent Identification in sports.
17. Explain the pre meal for competition period.
18. Explain nutrition in Aerobic events.
19. Explain Equipment and its protective.
20. Explain synthetic track and turf field.

**PART – C (3 x 10 = 30 marks)**

Answer any **THREE** questions. All questions carry equal marks.

21. Explain physical education programme in school and colleges.
22. Explain Drugs Addition and its management.
23. Explain Age category of pupils and selection of activities.
24. Explain nutrition in sports.
25. Explain play area and its types.