



# VIVEKANANDA COLLEGE, TIRUVEDAKAM WEST

College with Potential for Excellence

Residential & Autonomous – A Gurukula Institute of Life-Training  
Re-accredited (3rd Cycle) with 'A' Grade (CGPA 3.59 out of 4.00) by NAAC

Affiliated to Madurai Kamaraj University

**B.A. / B.Sc. / B.Com. & B.Com.(CA) / M.Sc. / M.Com.** Degree (Semester) Examinations, April 2021

## PHYSICAL TRAINING

Time: **1** Hours

**(III Year UG & II Year PG)**

Maximum Marks: **50**

### SECTION – A

**Answer ALL Questions**

**(10 × 1 = 10)**

- All international competition shall be held under the rules of the  
a) 10c                      b) AAFI                      c) **IAAF**                      d) ICC
- How many field players are there in one team in volley ball?  
a) 12                      b) 10                      c) 7                      d) **6**
- The total number of players in a football team are?  
a) **11**                      b) 12                      c) 18                      d) 14
- The Lona kabaddi on titles team for  
a) 4points                      b) **2ponits**                      c) 3points                      d) 1point
- Asanas is which part of the Ashtanga – yoga?  
a) First                      b) Third                      c) Fourth                      d) Sixth
- Olympic rings indicate  
a) Five continents                      b) Five rivers                      c) Five countries                      d) Five mountains
- Minimum weight of discuss for acceptance of a record for man is  
a) 3kg                      b) 4kg                      c) 2kg                      d) 1kg
- The standards distance of marathon race  
a) 42kms                      b) 26kms                      c) 43kms                      d) 42.195kms
- \_\_\_\_\_ point is in the volley ball game to use?  
a) 21                      b) 22                      c) 24                      d) 25
- \_\_\_\_\_ points is in the badminton game to win?  
a) 21                      b) 22                      c) 24                      d) 25

### SECTION – B

**Answer ALL the Questions**

**(4 × 5 = 20)**

- a) what are the Aim and objectives of physical education.  
[OR]  
b) Explain how and when was the Olympic flag and Olympic motto came in to beings?
- a) give short notes on game of kabaddi?  
[OR]  
b) Name the events of Decathlon
- a) what are the benefits of Asanas?  
[OR]  
b) Give shorts notes on same of badminton.
- a) Explain – pranayama.  
[OR]  
b) What are the rules for football game?

### SECTION – C

**Answer any TWO Questions**

**(2 × 10 = 20)**

- Draw a diagram of a volleyball with their measurement and label it.
- Explain – Ancient Olympics and modern Olympics.
- what are the major rules of basketball game?

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**CERTIFICATE COURSE EXAMINATIONS, APRIL 2021**

**GYMNASTICS**

Time: **2 Hours**

Maximum Marks: **50**

## SECTION – A

**Answer ALL Questions:**

**(10 × 1 = 10)**

1. Many activities performed in gymnastics are \_\_\_\_\_.
  - a) Individual in nature
  - b) Geared always toward developmental level i children
  - c) Initially taught to a class by a trained gymnastics coach
  - d) Enjoyed by a majority of children
2. The straddle press to headstand is \_\_\_\_\_.
  - a) Taught at developmental level i
  - b) Not taught at any level of elementary physical education
  - c) Taught at developmental level iii
  - d) Taught at developmental level ii
3. For Developmental Level I, which of the following activities are appropriate?
  - a) Rolling log and side roll
  - b) Forward and backward roll combinations
  - c) Forward roll in both tuck and pike positions
  - d) Walkover and headspring
4. Most activities at Developmental Level III \_\_\_\_\_.
  - a) Should only be attempted by children with gymnastic experience
  - b) May be too challenging for some students
  - c) Should rely on simple stunts
  - d) Should concentrate on lower body strength
5. An effective formation for teaching gymnastics when mats are placed in a line with groups lined up behind the mats is called \_\_\_\_\_.
 

a) U-shaped formation	b) Demonstration mat
c) Semicircular formation	d) Squad formation
6. Gymnastic stunts can be approached in terms of teaching three parts. Which of the following is NOT one of the recommended parts?
 

a) Execution	b) Finishing position	c) Starting position	d) Rhythm
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7. How many levels of demonstration are recognized when teaching gymnastics activities?  
a) Six                      b) Three                      c) Four                      d) Two
8. Which of the following is NOT a basic gymnastic position?  
a) Lunge                      b) Straddle                      c) Pike                      d) Tuck
9. Partner support stunts \_\_\_\_\_.  
a) Should be introduced at developmental level iii  
b) Should be introduced at developmental level i  
c) Should never be attempted in elementary physical education  
d) Should be introduced at developmental level ii
10. Gymnastics activities fall into basic groups which include the following EXCEPT \_\_\_\_\_.  
a) Swings                      b) Landings                      c) Fitness stretches                      d) Springs

**SECTION – B**

**Answer ALL Questions:**

**(4 × 5 = 20)**

11. a) Write the rules and regulations of floor exercises in Gymnastics.

**[OR]**

b) Write an account on "History of Gymnastics"?

12. a) What are the major rules to be followed in trampoline?

**[OR]**

b) Define vaulting horse and write the rules and regulations.

13. a) Enlist the rules and regulations in mallakhamb.

**[OR]**

b) Give a brief account on Rope mallakhamb.

14. a) Explain the types of Gymnastics.

**[OR]**

b) Write the "History of mallakhamb

**SECTION – C**

**Answer any TWO Questions:**

**(2 × 10 = 20)**

15. Briefly explain any 5 skills in floor exercises

16. Give a detailed account in any 5 skills you know in mallakhamb

17. Write an essay on any 5 skills in rope mallakhamb

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## CERTIFICATE COURSE EXAMINATIONS, APRIL 2021 HISTORY AND DEVELOPMENT OF YOGA

Time: 2 Hours

Maximum Marks: 50

### பகுதி – அ

அனைத்து வினாக்களுக்கும் விடையளி

(10 × 1 = 10)

- யோகக்கலை தோன்றிய நாடு  
அ) அமெரிக்கா      ஆ) இந்தியா      இ) இங்கிலாந்து      ஈ) மலேசியா
- தியானம் செய்ய உகந்த ஆசனம்  
அ) புஜங்காசனம்      ஆ) சவாசனம்      இ) பத்மாசனம்      ஈ) யோகமுத்ரா
- சர்வதேச யோகா தினம்  
அ) ஜீன்-21      ஆ) ஆகஸ்ட்-15      இ) ஜனவரி-26      ஈ) நவம்பர்-14
- சூரிய நமஸ்காரத்தின் நிலைகள்  
அ) 15      ஆ) 12      இ) 8      ஈ) 10
- திருமந்திரத்தை எழுதியவர்  
அ) திருமூலர்      ஆ) பதஞ்சலி      இ) வள்ளலார்      ஈ) திருவள்ளுவர்
- முத்திரைகள் இரண்டு கூறுக.
- 'யுஜ்' என்ற சமஸ்கிருத சொல் - பொருள் யாது.
- பிராணயாமம் செய்வதன் பலன்கள் இரண்டு கூறுக.
- வஜ்ராசனத்தில் அமர்ந்து செய்யும் ஆசனங்கள் இரண்டு கூறுக.
- தியானம் செய்வதன் பலன்கள் யாவை?

### பகுதி – ஆ

அனைத்து வினாக்களுக்கும் விடையளி

(4 × 5 = 20)

- a) ஆசனம் செய்வதன் பலன்கள் யாவை?  
(அல்லது)  
b) யோகத்தின் வகைகள் யாவை?
- a) பிராணயாமம் செய்வதன் பலன்கள் யாவை?  
(அல்லது)  
b) யோகவின் விளக்கம் யாது?
- a) யோக செய்வதற்கான விதிமுறைகள் யாவை?  
(அல்லது)  
b) புஜங்காசனம். சலவாசனம் செய்முறை எழுதுக?
- a) உடலை லெகுவாக்கும் பயிற்சிகள் இரண்டு கூறுக?  
(அல்லது)  
b) உடல் ஆரோக்கியத்திற்கான யோகா பயிற்சிகள் யாவை?

### பகுதி – இ

எவையேனும் இரண்டுக்கு மட்டும் விடையளி

(2 × 10 = 20)

- யோக வரலாறு – விரிவான விளக்கம் தருக?
- யோகப்பயிற்சி – உடற்பயிற்சி உள்ள வேறுபாடுகள் யாவை?
- சூரியநமஸ்காரம் 12 நிலைகள் செய்முறை மற்றும் பலன்கள் கூறுக?

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