

**SECOND SEMESTER MULTI DISCIPLINARY COURSE FYIMP  
EXAMINATION MARCH 2025 (INTERNAL ASSESMENT)  
KU01MDCPES101: FOUNDATION OF PHYSICAL EDUCATION, EXERCISE  
SCIENCE AND SPORT**

**Time : 3 Hours**

**Maximum Marks: 60**

**PART A** (*Answer any **five** questions. Each question carries **3** marks*)

1. Define contemporary physical education and its significance.
2. Define health and wellness.
3. What is the role of physical activity in disease prevention?
4. How have women's participation rates in sports changed over time?
5. Define motor behavior and its components.
6. What are three career options available in Physical Education?
7. What is the main objective of the Khelo India program?

**PART B** (*Answer any **three** questions. Each question carries **5** marks*)

8. Explain the relationship between physical education, exercise science, and sports.
9. Discuss the impact of the wellness movement on individual and community health.
10. How does motor development change across different life stages?
11. How do the principles of exercise contribute to fitness development?
12. What are the major challenges faced by professionals in the fitness and health industry?

**PART C** (*Answer any **three** questions. Each question carries **10** marks*)

13. Explain Bloom's Taxonomy and its application in physical education assessment.
14. Discuss the role of women in sports and analyze the challenges and achievements in promoting gender equality in athletics.
15. Analyze the impact of different philosophical foundations (Idealism, Pragmatism, Naturalism & Existentialism) on physical education.
16. Discuss the various career opportunities available in physical education, exercise science, and sport.
17. Analyze the role of government initiatives like Khelo India, Fit India, and TOPS in promoting sports culture in India.

### PART – C

Answer **any three** questions. **Each** question carries **8** marks.

12. Explain Bloom's Taxonomy and its application in physical education assessment.
13. How can governments and schools collaborate to enhance health promotion through physical education ?
14. Analyze the impact of different philosophical foundations on physical education.
15. Explain the principles of exercise physiology and how they contribute to overall fitness.
16. Analyze the role of government initiatives like Khelo India, Fit India, and TOPS in promoting sports culture in India.

(3×8=24)

Name : .....

Second Semester FYIMP Degree (C.B.C.S.S. – Regular)

Examination, May 2025

(2024 Admission)

KU01MDCPES101 : FOUNDATION OF PHYSICAL EDUCATION, EXERCISE  
SCIENCE AND SPORT

Time : 2 Hours

Max. Marks : 50

PART – A

Answer **any four** questions. **Each** question carries 2 marks.

1. How does sport contribute to personal and social development ?
2. Mention three components of physical fitness.
3. What are two challenges faced by differently-abled athletes in competitive sports ?
4. Differentiate between fine motor skills and gross motor skills.
5. List three physiological benefits of regular exercise.
6. What is the Target Olympic Podium Scheme (TOPS) ?

(4×2=8)

PART – B

Answer **any three** questions. **Each** question carries 6 marks.

7. Explain the relationship between physical education, exercise science, and sports.
8. Discuss the impact of the wellness movement on individual and community health.
9. Discuss the role of biomechanics in sports performance.
10. Discuss the role of macronutrients and micronutrients in maintaining fitness.
11. Explain the role of a physical education teacher in promoting active lifestyles.

(3×6=18)

P.T.O.