

**PH.D COURSE WORK EXAMINATION-2023**

**PHYSICAL EDUCATION**

**Paper I: Research Methodology (Ex/Phy.Edn./Ph.D.1.1)**

Time: 2hrs.

Full marks: 2 hrs.

**Group-A**

**Answer any four questions**

**10 x 4=40**

1. Describe different steps for formulating a research.
2. Explain the uses of computer for the different phases of research.
3. Explain the salient features of Power Point Presentation
4. Describe the steps of testing of hypothesis?
5. Explain the various types of 't' test in detail.
6. How do you develop your research problem? - Explain

**Group-B**

**Answer any two questions**

**5 x 2=10**

1. In brief, formulate your research plan with time line, course of actions and expected outcomes.
2. How you can differentiate Cluster and Stratified Sampling?
3. Relate Sample, sampling frame and Population.
4. What is 't' test? What are the uses of "t" test?

**PH.D. COURSE WORK EXAMINATION-2023**

**PHYSICAL EDUCATION**

**Paper II: Modern Trends in Physical Education (Specialization) (Ex/ Phy. Edn./Ph.D.1.2)**

**(b) Exercise and Sport Psychology**

**Time: Two Hours**

**FM: 50**

**Group- A**

**Answer any four questions from the followings**

**10 X 4=40**

1. Explain the importance of Sport Psychology in Physical Education.
2. How Learning Theory (any one) is applicable in Sport Skill Learning? Explain.
3. What do sport psychologists actually do?
4. Identify and briefly explain the variables those are related with the personality research.
5. Explain in brief about the factors those influence the psychological preparation of an athlete.
6. Correlate Intelligence and sports performance

**Group- B**

**Write short notes on any two of the followings**

**5 X 2=10**

1. Sports and Exercise Psychology.
2. Achievement motivation and sports performance.
3. Explain, using examples, the advantages of using intrinsic motivation and the disadvantages of using extrinsic motivation to motivate an individual.
4. Write a short note on the future of Sport Psychology research

**(c) Exercise and Sport Biomechanics**

**Time: Two Hours**

**FM: 50**

**Group- A**

**Answer any four questions from the followings**

**10 X 4=40**

1. Describe the scope of biomechanical research in physical education and sports.
2. Explain the kinematic and kinetic parameters with measuring devices or equipment.
3. Explain techniques of video motion analysis.
4. Describe the steps of qualitative biomechanical analysis.
5. Explain the different phases of any one fundamental movement by applying the biomechanical principles.
6. Explain the methods of determining the position of Centre of Gravity for the human body.

**Group- B**

**Write short notes on any two of the followings**

**5 X 2=10**

1. Electro goniometer
2. Gait analysis
3. Electromyography
4. Force platform

**(d) Exercise and Sport Training**

**Time: Two Hours**

**FM: 50**

**Group- A**

**Answer any four questions from the followings**

**10 X 4=40**

1. What are the ways of talent identification in sports?
2. Explain the different phases of skill acquisitions?
3. What do you mean by lead up games? Write down the purpose of lead up games.
4. Explain remedial exercise and rehabilitation procedure of any sports injury?
5. Prepare a training programme for improving strength endurance or explosive strength of senior level players.
6. How can tactical awareness improves performance?

**Group- B**

**Write short notes on any two of the followings**

**5 X 2=10**

1. Goal of rehabilitation
2. Development of endurance
3. Psychological preparation for improving performance
4. Analysis of under arm pas in volleyball

**(e) Sports Management**

**Time: Two Hours**

**FM: 50**

**Group- A**

**Answer any four questions from the followings**

**10 X 4=40**

1. Describe Sports management.
2. How you can relate it with the Global Business sector?
3. Describe the principles of Sports management.
4. Describe different research area of Sports management with suitable example.
5. Critically analyze how the talent Identification process is influenced by the authority of Academic Institution.
6. How the concept of sports management transfers to the field of Physical Education?

**Group- B**

**Write short notes on any two of the followings**

**5 X 2=10**

1. Revenue generation is one of the major objectives of Sports management
2. Perception about the students of Physical Education in your Department regarding their concept about Sports management.
3. Sports Management and Professional Sports
4. Gradual changes of sports management concept.

[ Turn over

**(f) Yoga**

**Time: Two Hours**

**FM: 50**

**Group- A**

**Answer any four questions from the followings**

**10 X 4=40**

1. Write the effect of Suryanamaskar on musculoskeletal system.
2. Write a note on the concept of Hathayoga.
3. Discuss the therapeutic benefits of Shat Kriyas.
4. Explain any one meditation technique in details.
5. Prepare a combined yoga protocol for post COVID patient.
6. Write the effect of yoga on endocrine system.

**Group- B**

**Write short notes on any two of the followings**

**5 X 2=10**

1. Patanjali's concept on Pranayama.
2. Bhandha.
3. Mudra.
4. Yoga and Holistic Health.