PB(Ed.)-1st Sm.-Physical Literacy etc./EC-101(Elective)

# 2021

## PHYSICAL LITERACY THROUGH MOVEMENT EDUCATION (ELECTIVE)

### Paper : EC-101

#### Full Marks : 70

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own words as far as practicable.

 Define and explain the term Movement Education. Write in brief about NASPE Standards of Physical Education.

#### Or,

Define Physical Literacy and write down the importance of physical literacy for children. Write down the age appropriate physical activities for children from birth to 16 years of age. 8+7

 Write in brief about different kinds of fundamental motor skills. Discuss the development sequence of any one skill theme as per your choice.
8+7

Or,

Describe movement concepts and its types. How does cognitive development result from participation in sports and physical activity? How is sport used to educate underprivileged children throughout the world? 4+6+5

3. What is self-concept? How does sports participation help to cure as well as cause aggressive behaviour? 6+9

#### 0r,

Explain the concept 'Sport for Development'. How does sport help in the process of building international peace and solidarity? 6+9

- 4. Write short notes on (*any two*):
  - (a) Specialized Motor Skills
  - (b) Basic concept of TGFU
  - (c) Different kinds of life skills
  - (d) Women Empowerment through sports.

**Please Turn Over** 

 $7\frac{1}{2} \times 2$ 

<b>PB(Ed.)-1st SmPhysical Literacy etc./EC-101(Elective)</b> (2)	
5. Answer the MCQs by choosing the right option from the following and	writing it on your answer

(a)	A game in which a player/ team send or returned is called	an o	bject into an opponent's court so that it cannot be played
	(i) Invasion Games	(ii)	Net/Wall Games
	(iii) Striking / Fielding Games	(iv)	Target Games.
(b)	Precise movements using small mus	cle g	roups are called
	(i) Gross motor skills	(ii)	Fine motor skills
	(iii) Open skills	(iv)	Closed skills.
(c)	Discus throwing can be considered as		
	(i) Locomotor skill	(ii)	Non-locomotor skill
	(iii) Manipulative skill	(iv)	Body management skill.
(d)	Specialized sports skills should be t	augh	t after the age of
	(i) 15 years	(ii)	12 years
	(iii) 7 years	(iv)	5 years.
(e)	Children should start focus in partic	ipatir	ng in competition after the age of
	(i) 12 years	(ii)	16 years
	(iii) 20 years	(iv)	24 years.
(f)	Which of the following is not a para	amete	er of physical development through sport?
	(i) Improved cardiovascular ability	(ii)	Better sleep
	(iii) Fat loss	(iv)	Developing positive values.
(g) Which of the following ability is developed by sports participation?			ed by sports participation?
	(i) Decision making ability	(ii)	Concentration
	(iii) Self-efficacy	(iv)	All of these.
(h) Which of the following goal is not included in sustainable development goals by United		ed in sustainable development goals by United Nations?	
	(i) No Poverty	(ii)	Development of Sports
	(iii) Climate action	(iv)	Sanitation.
(i)	Which of the following is not consid	lered	as a life skill?
	(i) Decision making	(ii)	Communication skill
	(iii) Sports skill	(iv)	Interpersonal relationship skills.
(j)	Concepts of following subject can be taught through sports :		
	(i) Mathematics	(ii)	Mechanics
	(iii) Science	(iv)	All of these.

- (k) National Association for Sport and Physical Education (NASPE) is a part of the following organization :
  - (i) American College of Sports Medicine (ACSM)
  - (ii) American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
  - (iii) Physical Education Foundation of India (PEFI)
  - (iv) National Strength and Conditioning Association (NSCA).
- (1) In which of the following games women can participate?
  - (i) Athletics (ii) Table Tennis
  - (iii) Swimming (iv) All of these.