

2023

**PHYSICAL LITERACY AND MOVEMENT EDUCATION**

**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.*

1. Explain the meaning and importance of Physical Literacy and Movement Education. 15

*Or,*

What do you mean by standard based physical education curriculum (NASPE Standard)? Discuss about the developmentally appropriate physical activities. 5+10

2. What do you mean by Fundamental motor skills? Explain the different types of fundamental motor skills. 5+10

*Or,*

Specify the different skill themes. Discuss the importance of movement concepts in physical education and sports. 5+10

3. Explain about self-concept, motivational outcomes and cognitive functioning for the personal development. 5+5+5

*Or,*

What do you mean by aggression and cooperation? How can sports develop economic status, health and peace? 6+9

4. Write short notes on the following (*any two*) : 7½×2

- (a) Benefits of child-centered teaching
- (b) Difference between Striking games and Target games
- (c) Influence of sports on coaching life skills
- (d) Education through Movement programme.

5. Answer the following MCQs by choosing the correct option for each of them given below and write the answer on your answer script (*any ten*) : 1×10

- (a) Hurdling skill is best described as
  - (i) Locomotors skill
  - (ii) Non-locomotors skill
  - (iii) Manipulative skill
  - (iv) Specialized skill.

**Please Turn Over**

- (b) Sport and physical education is declared as a 'fundamental right for all' by :
- (i) UNICEF
  - (ii) UNESCO
  - (iii) WHO
  - (iv) UNDP.
- (c) The ability that should be developed first is
- (i) Speed
  - (ii) Strength
  - (iii) Endurance
  - (iv) Skill.
- (d) Sports can improve economic condition of a country through
- (i) Tourism
  - (ii) Journalism
  - (iii) Equipment manufacturers
  - (iv) All of these.
- (e) Skill acquisition mainly depends on
- (i) Flexibility
  - (ii) Coordination ability
  - (iii) Muscular strength
  - (iv) Speed.
- (f) Awareness about the place where movement takes place is called
- (i) Body Awareness
  - (ii) Space Awareness
  - (iii) Effort Concepts
  - (iv) Relationships.
- (g) Personal development can be achieved through
- (i) Altruism
  - (ii) Aggression
  - (iii) Cognitive functioning
  - (iv) Economic or social development.
- (h) Social development can be availed through
- (i) Self-concept
  - (ii) Cooperation
  - (iii) Cognitive functioning
  - (iv) Self-awareness.
- (i) Which of the following is/are considered as skill themes?
- (i) Chasing
  - (ii) Dodging
  - (iii) Travelling
  - (iv) All of these.
- (j) An example of Target game is
- (i) Badminton
  - (ii) Basketball
  - (iii) Shooting
  - (iv) Cricket.
- (k) A game in which participants invade opponents territory to score is called
- (i) Invasion Game
  - (ii) Striking/Fielding Game
  - (iii) Target Game
  - (iv) Net/Wall Game.
- (l) Fleeing is a
- (i) Skill theme
  - (ii) Striking games
  - (iii) Target games
  - (iv) Altruism.
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