

2024

PHYSICAL LITERACY THROUGH MOVEMENT EDUCATION

Course : 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. Discuss the concept of Movement Education. Describe the concept of developmentally appropriate physical activities for school students. 5+10

Or,

Define physical literacy and discuss its importance in the life of general people. Discuss the standard based physical education curriculum (NASPE standards). 3+5+7

2. Elaborate different types of fundamental motor skills. Explain the developmental sequence of Jumping and Landing. 8+7

Or,

Describe the movement concept and its types. How will you plan to develop athletes in long time process? (5+2)+8

3. What do you mean by cognitive functioning development? How can sports develop social qualities by controlling aggression? 7+8

Or,

What do you mean by traditional sports? Discuss how social development occurs through United Nations and other organizations. 5+10

4. Write notes on (*any two*) : 7½×2

- (a) Women empowerment through sports
- (b) Development of health and mental peace through sports
- (c) Education through movement programme
- (d) Coaching of life skills through sports.

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

- (a) Specialized sports skills should be taught after the age of :
- (i) 5 years
 - (ii) 7 years
 - (iii) 12 years
 - (iv) 15 years.

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- (b) National Association of Sports and Physical Education (NASPE) is a part of which of the following organizations?
- (i) American College of Sports Medicine (ACSM)
 - (ii) American Association of Health Physical Education Recreation and Dance (AAHPERD)
 - (iii) National Strength and Conditioning Association (NSCA)
 - (iv) Physical Education Foundation of India (PEFI).
- (c) In which following games nobody can play left hand in left side?
- (i) Table Tennis
 - (ii) Basketball
 - (iii) Polo
 - (iv) Bowling.
- (d) Which component is not within the four components of physical literacy?
- (i) Motivation
 - (ii) Confidence
 - (iii) Physical competency
 - (iv) Kicking.
- (e) Which is not under the four C's of literacy?
- (i) Communication
 - (ii) Collaboration
 - (iii) Creative thinking
 - (iv) Confidence.
- (f) Children should start focusing on participating in competitions after the age of :
- (i) 12 years
 - (ii) 24 years
 - (iii) 15 years
 - (iv) 20 years.
- (g) Precise movements using small muscle groups are called :
- (i) Gross motor skills
 - (ii) Closed skills
 - (iii) Open skills
 - (iv) Fine motor skills.
- (h) Which of the following is not a parameter of physical development through sport?
- (i) Fat loss
 - (ii) Improved cardiovascular ability
 - (iii) Developing positive values
 - (iv) Better sleep.
- (i) Which of the following is not considered as a life skill?
- (i) Interpersonal relationship skill
 - (ii) Communication skill
 - (iii) Sports skill
 - (iv) Decision making.
- (j) Which of the following abilities is developed by sports participation?
- (i) Concentration
 - (ii) Decision making ability
 - (iii) Self efficacy
 - (iv) All of these.

(k) The concepts of the subject(s) can be taught through sports is/are :

- (i) Mechanics
- (ii) Mathematics
- (iii) Science
- (iv) All of these.

(1) Which of the following goals is not included in sustainable development goals by United Nation?

- (i) Developments of Sports
 - (ii) Climate action
 - (iii) Sanitation
 - (iv) No poverty.
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