

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.*

1. Define and explain the term Movement Education. Write in brief about NASPE Standards of Physical Education. 5+10

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

2. 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

Or,

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*): 7½×2

- (a) Specialized Motor Skills
- (b) Basic concept of TGFU
- (c) Different kinds of life skills
- (d) Women Empowerment through sports.

Please Turn Over

(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).

(l) In which of the following games women can participate?

- (i) Athletics
 - (ii) Table Tennis
 - (iii) Swimming
 - (iv) All of these.
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