

2022

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 answer in their own words
as far as practicable.*

Answer the following questions.

1. Define and explain Movement Education and Physical Literacy. State their importance. 3+ 5+7

Or

What do you mean by Standards based Curriculum? Write in detail about different standards set by National Association for Sport and Physical Education (NASPE).

3+12

2. What is Long Term Athlete Development (LTAD) model? Narrate the different stages of this model. 5+10

Or

Comment briefly on ***any three*** of the following:

5x3

- a) Travelling as a Skill Theme
- b) Jumping as a Skill Theme
- c) Space Awareness as a Movement Concept
- d) Effort as a Movement Concept

3. Amplify the following statements (***any three***) 5x3

- a) Improving Cooperation through sports participation
- b) Group development in sports
- c) Improving cognitive functioning with Sports participation
- d) Motivational outcomes of sports

Or

How is United Nations organization using sports for social development? Write in brief about other organizations working in the area of sport for development.

6+9

4. Write Short Notes on following (*any two*): 7.5x2

- a) Difference between Invasion Games and Net/Wall Games
- b) Sport for Gender Equality
- c) Benefits of child centered teaching
- d) Education through Movement (ETM) program

5. Select the correct option from the following MCQs and write the same on your answer script (*any ten*): 1x10

a) A game in which participants invade opponents territory to score is called:

- (i) Invasion Game
- (ii) Net/Wall Game
- (iii) Striking/ Fielding Game
- (iv) Target Game

b) Baseball is considered to be a/an:

- (i) Invasion Game
- (ii) Net/Wall Game
- (iii) Striking/ Fielding Game
- (iv) Target Game

c) Hurdling skill is best described as :

- (i) Locomotors skill
- (ii) Non-locomotors skill
- (iii) Manipulative skill
- (iv) Specialized skill

d) Twisting is a -

- (i) Locomotors skill
- (ii) Non-locomotors skill
- (iii) Manipulative skill
- (iv) Specialized skill

e) Sport and physical education is declared as a "fundamental right for all" by:

- (i) UNICEF
- (ii) UNESCO
- (iii) WHO
- (iv) UNDP

- f) Identify the correct order of stages of LTAD starting from beginning to the end.
- (i) Train to Compete → Train to Train → Learn to Train → Train to Win
 - (ii) Train to Win → Learn to Train → Train to Train → Train to Compete
 - (iii) Learn to Train → Train to Train → Train to Compete → Train to Win
 - (iv) Train to Train → Train to Win → Train to Compete → Learn to Train
- g) Skills that enable humans to deal effectively with the demands and challenges of everyday life are :
- (i) Motor skills
 - (ii) Life skills
 - (iii) Non Locomotor skills
 - (iv) Skill themes
- h) Ability to express ourselves verbally and non-verbally is called :
- (i) Interpersonal relationship skills
 - (ii) Effective communication skills
 - (iii) Critical thinking skill
 - (iv) Decision making skill
- i) Which among the following abilities should be developed first?
- (i) Speed
 - (ii) Strength
 - (iii) Endurance
 - (iv) Skill
- j) Fundamentals stage starts from the age of:
- (i) 4 years
 - (ii) 6 years
 - (iii) 8 years
 - (iv) 10 years
- k) Awareness about the place where movement takes place is called:
- (i) Body Awareness
 - (ii) Space Awareness
 - (iii) Effort Concepts
 - (iv) Relationships

- 1) Sports can improve economic condition of a country through:
- (i) Tourism
 - (ii) Journalism
 - (iii) Equipment manufacture
 - (iv) All of the above
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