

2025

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. Define Movement Education and Physical Literacy. Discuss the importance of Movement Education and Physical Literacy. 5+10

Or

Discuss the concept of developmentally appropriate physical activities for Primary to High school students. Explain the standard based Physical Education curriculum as NASPE standard. 8+7

2. Classify Motor skills with appropriate explanation. How will you apply these skills in the Games and Sports? 8+7

Or

Discuss the development of Movement concept. Explain the relationship between Space Awareness and Effort concept. How will you prepare athletes in the long-term Athlete Development programme? 5+5+5

3. What do you mean by Motivational Outcomes and Cognitive Functioning? How Altruism and controlling aggression affect Physical Education and Sports performance? (5+5)+5

Or

How social development can occur through sport including traditional sports? Justify how education, economy and health can be developed through the sports. 6+9

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

- (a) Striking Games and Target Games
- (b) Child centred teaching models
- (c) Coaching life skills through sport
- (d) Invasion Games and Wall Games.

Please Turn Over

(3808)

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

(a) Which component is not within the four components of Physical?

- (i) Physical competency
- (ii) Kicking
- (iii) Motivation
- (iv) Confidence.

(b) Full form of NASPE is

- (i) National Association of Science, Physics and Education
- (ii) National Assessment of Science and Physical Education
- (iii) Nation Allied Science and Physical Education
- (iv) National Association of Sports and Physical Education.

(c) Hitch kick term is related with

- (i) traveling
- (ii) fleeing
- (iii) jumping
- (iv) kicking.

(d) Which of the following is not considered as a life skill?

- (i) Communication skill
- (ii) Sports Skill
- (iii) Interpersonal relationship skill
- (iv) Decision making.

(e) Which of the following is developed through Sports?

- (i) Education
- (ii) Gender
- (iii) Peace
- (iv) All of these.

(f) Which of the following is not under the four C's of Literacy?

- (i) Creative thinking
- (ii) Collaboration
- (iii) Confidence
- (iv) Communication.

(g) Which of the following abilities is developed through sports participation?

- (i) Concentration
- (ii) Self-efficacy
- (iii) Decision making ability
- (iv) All of these.

(h) NASPE is a part of which of the following organization?

- (i) AAHPERD
- (ii) NSCA
- (iii) PEFI
- (iv) ACSM.

- (i) Increase of body weight leads to
- (i) increase of IQ
 - (ii) increase of good health
 - (iii) increase of cardiac fitness
 - (iv) None of these.
- (j) Self-concept is a component for the development of
- (i) Social development
 - (ii) Personal development
 - (iii) Economic development
 - (iv) Gender development.
- (k) Which of the following goals is not included in sustainable development goals by United Nation?
- (i) Sanitation
 - (ii) Development of sports
 - (iii) No poverty
 - (iv) Climate action
- (l) Specialized Sports Coaching should be taught after the age of
- (i) 5 years
 - (ii) 10 years
 - (iii) 12 years
 - (iv) 15 years.
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