

**Model Answer**

**B.P.Ed. (First Semester) Examination, 2014**

**METHODS OF PHYSICAL EDUCATION**

**Paper: Third AU-6612**

**1.**

(i) Physical Education is a basis of developing a complete personality of a child.

(ii) Whole-part-whole method

(iii) Means the teaching should be useful and within the reach of the students.

(iv) Sports uniform like Track-Suit, Shorts and T-Shirts. It is essential to wear for the following reasons:

- To make the movement free without any obstruction.
- To prevent injuries.
- To maintain the sports discipline etc.

(v) Effective class management indicates that the classes are held systematically in a disciplined manner so that the objective of teaching could be achieved.

(vi) The background of the students related to the subject makes them comfortable and ease to understand the topics.

(vii) All those activities which are performed with a particular rhythm like folk dances, action songs, aerobic exercises etc.

(viii) Extramural Competitions are those competitions which are held out of the four walls of the institution/organization. It means the competitions in which the participating teams are from different institution/organization.

(ix) Two byes.

(x) Special Seeding is a process of giving special privilege to the outstanding teams/good teams ( like the best four teams of last year's All India Basketball Tournament ) to avoid unfortunate elimination from the tournament in the early rounds.

## 2.

- Lecture Method
- Demonstration Method
- Imitation Method
- At-Will Method
- Observation & Visualization Method

- Discussion Method
- Task Method
- Command Method
- Etc.

**3.**

- Whole Method
- Part Method
- Whole-Part-Whole Method

**4.** Personal and Technical preparation of a teacher is to be explained in details.

**5.**

- **Orientation**
- **Application of most appropriate method of teaching**
- **Explanation & Discussion**
- **Evaluation**

## 6.

- The discipline of the class is maintained.
- Teaching learning process becomes effective.
- Helps to develop the qualities like sincerity, punctuality and devotion towards the profession.
- Teacher and students seems to be energetic.
- It's a good means of motivation.
- It helps to give qualitative result in terms of performance.
- It prevents from injuries or any unexpected incidence.
- The course/syllabus could be systematically and timely completed.
- It makes convenient to fulfill the target of education.
- Etc.

**7. General Teaching Aids:** Bulletin board (They serve as a medium of communication), magnetic board (a magnetic board is made of sheet metal and comes equipped with magnetized metal markers), pictures (pictures of outstanding players/athletes, skill of various games and sports, the pictures may be from book, magazines, news

papers or art pictures )graphics (cartoons, maps, diagrams, sketches, drawing etc.) ,Illustrated books (books full of illustrations , pictures and diagrams), models ( models of court/equipment /physiological models etc.) , projected pictorial material(slides , film strips etc.)

- Audio Teaching Aids: The teaching aids like radio, tape recorder, audio CDs and even mobile.
- Audio-Visual Teaching Aids: The teaching aids like Audio-video cassettes/CDs, television, motion pictures, Internet, LCD projectors with sound effect etc.

All the above are to be explained briefly.

**8. The teacher must follow the following principles as guideline:**

- Yoga asana are always practiced in slower motion and after reaching to the final position return back to the initial position in the same manner.
- In group practice never go for competition with your neighbor nor give jerk to the movement to reach the final position soon; otherwise it may cause injury.
- Attempts to be made to maintain the posture after reaching the maximum limit for certain time as long as your own body permits. It hardly makes any difference to reach the final shape immediately.

- Doing yogic exercises with tension has no meaning to your health, hence if felt discomfort come back to the initial position.
- Yogic asana should not be practiced forcefully.
- It is always beneficial to practice under the supervision of expert.
- Beginners should always practice under proper guidance of the expert and with the partners support.
- While practicing execution of proper technique is important.
- Never go for practice immediately after taking meals. Try to go for asana only after 4 to 6 hours of break after meals to avoid obstruction in the natural process of digestion.
- Never worried about the breathing process, let the breathing mechanism be as usual. |
- Never get confused of eating habits. The food of your interest can be taken choosing from vegetarian or non-vegetarian diets.
- Never go for asana practice immediately after getting up from the bed in the morning or sleep in the afternoon. Practice after taking tea/coffee is also effective.
- One can take bath before and even after the practice of yoga asana. Immediately after the bath yoga practice is to be avoided and similarly immediately after the yoga asana bath is to be avoided.

- The Regularity in terms of time and duration should be maintained.
- Patient of any kind are always suggested to consult the medical specialist before opting any yogic exercises.
- Selection of appropriate yogic exercises for specific cases like pregnant lady, diabetic patient, cancer Patient etc. must consult the doctor and expert before practice.
- Practicing in the early morning and in the evening when the sun is about to set seems to better time for practicing yoga.

## 9.

- Technical preparation by the teacher.
- Application of safety measures to avoid any injuries such as wearing suitable sport kits, proper levelling of the ground, checked equipment/ apparatus, proper distance and iron nets for throwing events like hammer throw suitable jumping pits etc.
- Use of protective gadgets.
- Medical fitness before taking the students for practice.
- Adequate warming up before the activity.
- Proper limber down after the activity class.

- Replacement of used equipment/ apparatus after the class.
- Etc.

**10.**

1 – Bye

2

3

4

5

6 – Bye

Winner

7 – Bye

8

9

10 – Bye

11 – Bye

**11.**

- It provides opportunity for mass participation.
- From the crowd of mass participation the hidden talents of the students



can be identified.

- It helps to develop skills of various games/sports.
- Students could learn various rules and regulations of different games/sports which help them in the preparation of competitive examination for job.
- It helps to learn the method of administration and organization of tournaments.
- Students and other spectators gets an opportunity to learn various techniques/strategies/ tactics of a game.
- It develops the feeling competition among the students.
- It develops social values like we feeling, team feeling, cooperation, understanding, sense of responsibility etc.
- It helps in the development of leadership quality among the students.
- It's a good source of recreation.
- Trainees like the students of B.P.Ed. and M.P.Ed. gets an opportunity to learn officiating.
- Etc.

