

B.P.Ed. First Semester Examination-2013

PAPER III METHODS OF PHYSICAL EDUCATION

AS-2581

MODEL ANSWER

Section– A

1. Fill in the blanks.

- (i) At-will
- (ii) Easy to difficult
- (iii) technical preparation
- (iv) class formation
- (v) transportation committee
- (vi) task method
- (vii) last place
- (viii) Combative activities
- (ix) knock out
- (x) 10

SECTION-B

The following points are to be explained / described in details:

UNIT I

2.

Answer: Generally the following methods are used in teaching physical education classes:

- Lecture Method
- Demonstration Method
- Imitation Method

- At-Will Method
- Observation & Visualization Method
- Discussion Method
- Task Method
- Command Method
- Etc.

OR

Answer: The classes of physical education courses are taken at different places according to the nature of the activity or class and therefore in teaching physical education classes various teaching methods are applied. Some of the examples are as follows:

- In the Class Room
- In the Play Fields/Courts
- In the Gymnasium
- In the Track and Field
- In the Swimming Pool
- In Teaching Combative Sports
- In Teaching Recreational Activities
- In Teaching Yogic Exercises
- In Teaching Weight Training Exercises Etc.

UNIT II

3.

Answer: The teacher beside technical and personal preparation must follow the following steps for meaningful and effective theory presentation of a topic in the class:

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

OR

Answer: Technical preparation of a teacher deals with readiness of all those requirements in advance which are essential for taking an effective and impressive class. The following points are to be described in details for taking athletic classes:

- Advanced arrangement of the equipment/apparatus.
- Advanced care of safety measures.
- Suitable sports kit of the students.
- Eagle eye on every student while teaching and practicing.
- Medical fitness before taking the students for vigorous activities adequate warming up before the activity.
- Proper limber down after the activity class.
- Replacement of equipment /apparatus etc.

UNIT III

4.

Answer: Taking attendance of the students is an essential requirement of a teacher for safety purpose, particularly during activity classes and to maintain proper record of the students. The various means of taking attendance are as follows:

- calling the names
- calling the roll numbers

- squad system
- fixing the numbers on the wall
- standing in a line according to roll number
- any other innovative manner

OR

Answer: Here, the technical and personal preparation of a teacher has to be suitably explained correlating with the teaching situation.

UNIT IV

5.

Answer: Safety measures of teaching combative activities are as follows:

- Wearing of suitable sport kits.
- Use of mats & protective gadgets.
- Medical fitness of the students.
- Adequate warming up before the activity.
- Proper limber down after the activity class.
- Practice under the supervision of the expert only.
- Etc.

OR

Answer: Important points to be kept in mind while teaching yogic exercises to the students:

- Teacher with adequate knowledge should only teach the students.
- 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.
- 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.
- 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. I
- Never get confused of eating habits. The food of your interest can be taken choosing from vegetarian or non-vegetarian diets.
- Etc.

UNIT V

6.

Answer:

ROUND-1	ROUND-2	ROUND-3	ROUND-4	ROUND-5
6 - 1	5 - 1	4 - 1	3 - 1	2 - 1
5 - 2	4 - 6	3 - 5	2 - 4	6 - 3
4 - 3	3 - 2	2 - 6	6 - 5	5 - 4

OR

Answer:

1 - 2					
1 - 3	2 - 3				
1 - 4	2 - 4	3 - 4			
1 - 5	2 - 5	3 - 5	4 - 5		
1 - 6	2 - 6	3 - 6	4 - 6	5 - 6	
1 - 7	2 - 7	3 - 7	4 - 7	5 - 7	6 - 7