

MAHATMA GANDHI UNIVERSITY, KOTTAYAM
MGU-UGP(HONOURS)
FIRST SEMESTER PRACTICAL EXAMINATIONS
(2024 ADMISSION ONWARDS)

MGIDSCPES100- Foundation of Physical Education and Recreation

Total Marks -35 Marks

Sl. No.	Mode of Assessment	Marks	Description	CO
1	Viva	10	<ul style="list-style-type: none"> • Concepts of Physical Education Physical Activity and Recreation. • Physical Education Programmes and recreation to promote social skills and co-operation among students. • Assessment of the key components of a well-rounded Physical Education Programme. 	1,2,3,4
2	Demonstration	25	<p>Demonstration of Assessment of Fundamental Movement Skills.</p> <ol style="list-style-type: none"> 1. Demonstration of Key components of fundamental movement skills. 2. Demonstration of Fitness tests components. 3. Demonstration of how recreational activities improve team building among students. 4. Demonstration of Recreational Games and play. 5. Demonstration of Rhythmic activities like Zumba, Dance, Aerobic Activities etc. 	6,7

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MGU-UGP (HONORS) FIRST SEMESTER PRACTICALEXAMINATION

(2024 ADMISSION ONWARDS)

MG1MDCPES100: BASIC FIRST AID AND CPR

Total marks: 35

SL NO	MODE OF ASSESMENT	MARKS	TOPIC	CO
1	VIVA	10	<ul style="list-style-type: none">● ABC's of First Aid● CPR● RICE	1 & 6
2	DEMONSTRATION	10	<ul style="list-style-type: none">● Demonstrate how to check the pulse rate● Demonstrate how to open the airway passage● Demonstrate the recovery position● Demonstrate how to do the primary examination of a unconscious person	2,3,5 & 8
3	DEMONSTRATION	15	<ul style="list-style-type: none">● Demonstrate CPR steps on an infant mannequin or model● Demonstrate first aid for choking on an infant mannequin or model● Demonstrate first aid for choking on an adult mannequin or model	2,3,5 & 8

MAHATMA GANDHI UNIVERSITY, KOTAYAM
MGU-UGP (HONORS)
FIRST SEMESTER PRACTICAL EXAMINATION
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MG1MDCPES101: PHYSICAL FITNESS AND HEALTHY LIVING

Total marks : 35

SI NO	Mode of Assessment	Marks	Description	CO
1	Viva	10	<ul style="list-style-type: none"> • Topics from Concept of fitness • Principles of fitness • Assessment of Physical Fitness 	1,2,3
2	Demonstration	25	<ul style="list-style-type: none"> • Demonstration of assessment of Health related Physical Fitness components <ol style="list-style-type: none"> 1. Cardio Respiratory Endurance 2. Muscular Endurance 3. Muscular Strength 4. Flexibility 5. Body composition • Demonstration of Types of muscle contraction <ol style="list-style-type: none"> 1. Isometric 2. Isotonic(Concentric and Eccentric) 	6,7