

**MAHATMA GANDHI UNIVERSITY, KOTTAYAM**

**MGU-UGP (HONOURS) FIRST SEMESTER EXAMINATION  
(2024 ADMISION ONWARDS)**

**MGIDSCSAC101– TECHNIQUES, FUNDAMENTALS AND SPOTTING**

Duration: 1hr 30 mins

Maximum Marks: 50

*Students should attempt at least one question from each course outcome to enhance their overall outcome attainability.*

**Part A**

**Multiple Choice Questions Answer All Questions  
Each question carries 1 mark**

	<b>Taxonomy</b>	<b>C O Number</b>
1. The hook grip is primarily used in a) Olympic weightlifting b) Powerlifting c) Bodybuilding d) Aerobics	U	4
2. Which of the following best describes the Valsalva maneuver? a) Controlled deep inhalation and exhalation b) Holding the breath while straining or lifting heavy loads c) Rapid breathing to increase oxygen flow d) Exhaling slowly through the nose while relaxing	R	5
3. Who is responsible for providing assistance during a spotted exercise? a) The athlete's coach b) A trained spotter c) A fellow athlete d) The athlete themselves	R	1
4. A rack shrug or rack jump is performed: a) Before the clean itself. b) During the clean. c) After the clean. d) Only in the hang clean.	U	4
5. When spotting a barbell back squat with one spotter, the spotter should: a) Place hands on the lifter's shoulders b) Place hands under the lifter's arms c) Place hands on the lifter's lower back d) Place hands on the lifter's knees	U	2

- |  |   |   |
|--|---|---|
| 6. Which exercise is considered a compound movement that works multiple muscle groups, including the back, biceps, and forearms? | U | 5 |
| a) Lat Pulldown  |   |   |
| b) EZ-Bar Curl   |   |   |
| c) Pull-Ups  |   |   |
| d) Standing Low Row  |   |   |
| 7. When progressing from barbell push presses to barbell push jerks, what is the most important factor to consider?              | A | 1 |
| a) Weight of the barbell.  |   |   |
| b) Range of motion.  |   |   |
| c) Technique and form.   |   |   |
| d) Frequency of training   |   |   |
| 8. What is the primary advantage of incorporating single-leg exercises into your workout routine?                                | U | 4 |
| a) Improved balance and stability  |   |   |
| b) Increased muscle strength and power   |   |   |
| c) Reduced risk of injury  |   |   |
| d) All of the above  |   |   |
| 9. A spotter should always:  | U | 3 |
| a) Follow the athlete's lead   |   |   |
| b) Take control of the situation   |   |   |
| c) Communicate clearly and effectively   |   |   |
| d) Both B and C  |   |   |
| 10. Which of the following is a common dynamic warm-up exercise:   | R | 2 |
| a) Static lunges   |   |   |
| b) Arm circles   |   |   |
| c) Hamstring stretches   |   |   |
| d) Plank hold  |   |   |

[1x10=10]

### Part B

#### Short Answer Type Questions

Answer **10** Questions

Each question carries **2** marks

- |   |   |   |
|---|---|---|
| 11. Name three key principles of good body alignment.                             | R | 1 |
| 12. Explain the importance of maintaining a full range of motion during exercise. | U | 1 |
| 13. Demonstrate proper spotting techniques for a barbell shoulder                 | U | 4 |

press.		
14. Explain the significance of eye contact between an athlete and spotter prior to a lift.	U	3
15. List the key components of proper form for a barbell high pull from the hang.	R	5
16. List the primary muscles involved in dumbbell shoulder raises and their functions.	R	1
17. Explain the difference between a barbell bench press and a dumbbell bench press.	U	4
18. List three common triceps exercises.	R	1
19. Choose the appropriate speed drill for improving acceleration.	U	2
20. Explain the correct technique for assisting a lifter who is struggling to complete a back squat	U	2
21. List the main steps involved in performing a pull-up	R	5
22. Evaluate the role of technology (e.g., wearable devices, video analysis) in improving communication and safety during strength training sessions	E	3

[10x2=20]

### Part C

#### Short Essay Type Questions

#### Answer **4** Questions

Each question carries **5** marks

23. Evaluate the risks and benefits of using the Valsalva maneuver during heavy lifting	E	5
24. Discuss the benefits of using a spotter for both experienced and novice lifters	U	2
25. Assess the effectiveness of pull-ups for developing strength and Muscle mass in the upper body.	E	5
26. Assess the effectiveness of different warm-up strategies for preparing the body for intense physical activit	E	2
27. Analyze the factors that can influence the effectiveness of communication between an athlete and spotter, such as cultural differences or language barriers	An	3
28. Evaluate the potential risks and benefits of using a spotter for a heavy deadlift	E	1

[4x5=20]

# MAHATMA GANDHI UNIVERSITY, KOTTAYAM

MGU-UGP (HONOURS)

FIRST SEMESTER EXAMINATION

(2024 ADMISION ONWARDS)

**COURSE CODE –INTRODUCTION TO STRENGTH & CONDITIONING (MGIDSCSAC100)**

Duration: 1.30 hrs

Maximum Marks: 50

*Students should attempt atleast one question from each course outcome to enhance their overall outcome attainability.*

## **Part A**

Multiple Choice Questions

Answer All Questions

Each question carries 1 mark

1. Which ancient civilization is credited with early forms of strength training?  
[Remember][CO1]
  - a) Greeks
  - b) Romans
  - c) Egyptians
  - d) Chinese
2. What was the primary focus of strength training in the 19th century?  
[Understand][CO2]
  - a) Athletic Performance
  - b) Military Preparation
  - c) Physical Culture
  - d) Rehabilitation
3. What component of fitness is measured by the ability to sustain activity over time?  
[Understand][CO1]
  - a) Speed
  - b) Power
  - c) Agility
  - d) Endurance
4. Which hormone plays a key role in the Alarm stage of GAS? [Understand] [ CO4]
  - a) Cortisol
  - b) Adrenaline
  - c) Insulin
  - d) Growth Hormone
5. During the rehabilitation process, eccentric exercises are used primarily to: [Analyse] [ CO2]
  - a) Strengthen muscles without increasing flexibility
  - b) Focus on the concentric phase of the muscle contraction
  - c) Improve muscle strength while protecting healing tissues
  - d) Increase aerobic endurance
6. What is a major limitation of the Long-Term Athlete Development (LTAD) model as identified in recent studies?  
[Understand] [CO 2]
  - a) It provides too much structure for training.
  - b) It lacks understanding of how various factors interact.
  - c) Principle of Individualization
  - d) Principle of Reversibility
7. Who can benefit from functional training?  
[Understand] [CO 2]
  - a) Only professional athletes
  - b) Individuals of all ages and fitness levels

- c) People recovering from injuries only
  - d) Only those looking to lose weight
8. Which of the following is NOT a component of physical training in sports? [Evaluate ] [CO2]
- a) Speed
  - b) Endurance
  - c) Technical skills
  - d) Flexibility
9. What does tactical training primarily involve? [Understand ] [CO3]
- a) Developing physical endurance
  - b) Understanding and applying strategies during competition
  - c) Enhancing speed and agility
  - d) Learning the rules of the game
10. Flexibility refers to: [Remember ] [CO2]
- a) The ability of a muscle to exert maximum force
  - b) The range of motion available at a joint or group of joints
  - c) The ability to maintain balance during movement
  - d) The endurance capacity of a muscle

[ 1 X 10 = 10 ]

### **Part B**

#### **Short Answer Type Questions**

#### **Answer 10 Questions**

Each question carries 2 marks

- 11. Name one of the primary components of modern strength and conditioning programs. [Remember] [CO4]
- 12. What is the current trend regarding the role of nutrition in strength and conditioning? [Analyse] [CO2]
- 13. What is the purpose of sports-specific strength and conditioning programs? [Understand] [CO3]
- 14. What role does recovery play in the General Adaptation Syndrome (GAS) model? [Understand][CO1]
- 15. Outline the benefits of cross-training for injury prevention and muscular balance. [Apply] [CO4]
- 16. What role does exercise intensity play in cardiovascular health? [ Evaluate] [CO2]
- 17. Can you list the key components of skill integration in sports performance? [Create ] [CO2]
- 18. Explain how the SAID principle applies to strength training. [Skill] [CO2]
- 19. What role does a coach plays in Performance Monitoring? [Understand ] [CO4]
- 20. How can nutrition influence body composition? [Understand] [CO4]
- 21. How does the principle of progressive overload apply in the rehabilitation of an athlete?[Analyse][CO4]
- 22. How does strength training impact mental health? [Analyse] [CO4]

**Part C**

Short Essay Type Questions

Answer 4 Questions

Each Question Carries 5 Marks

23. Discuss the key milestones in the historical development of strength and conditioning from ancient times to the 20th century. [Remember] [CO1]
24. Explain how regular exercise contribute to cardiovascular adaptations. [Evaluate] [CO4]
25. Discuss the importance of specificity in sports training [Apply] [CO2]
26. What is Performance Assessment and Why is it Important in sports? [Understand CO2]
27. How does a proper warm-up routine contribute to injury prevention? [Understand CO4]
28. Define the components of health-related physical fitness and explain their importance for overall well-being. [Understand] [CO1]

[ 4 X 5 = 20 ]

**MAHATMA GANDHI UNIVERSITY, KOTTAYAM**  
**MGU-UGP (HONS) FIRST SEMESTER BPES EXAMINATION**  
**(2024 ADMISION ONWARDS)**

**COURSE CODE - MG1DSCFIM101**

**COURSE TITLE - GENERAL CONDITIONING& RECREATION**

Duration: 1.30 hrs

Maximum

Marks: 50

Students should attempt at least one question from each course outcome to enhance their overall outcome attainability.

**Part A**

**Multiple Choice Questions**

**Answer All Questions**

**Each question carries 1 mark{ 10 \* 1 = 10 Marks}**

1. General conditioning in physical education aims to improve which of the following?[U](1,2)  
A. Skill-specific abilities      B. Overall fitness      C. Weight loss only      D. Mental focus
2. When calculating target heart rate, which formula is often used?[K](2,3)  
A. 220 – age      B. BMI formula      C. Karvonen formula      D. VO2 max calculation
3. General conditioning in sports helps prevent: [U](2,4)  
A. Dehydration      B. Injuries      C. Poor coordination      D. Mental fatigue
4. Identify the benefits of HIIT? [K](4)  
A. Build muscle      B. Helps to weight lose      C. Improve performance      D. All the above
5. Which part of the body should remain engaged during mountain climbers? [ K](2)  
A. Shoulders      B. Core      C. Legs      D. All the above
6. What type of workout are burpees and mountain climbers best suited for? [U] (1)  
A. Flexibility Training      B. Strength Training      C. High-intensity interval training  
D. Balance Training
7. Coordinative abilities primarily depend upon the[U](1)  
A. Respiratory system      B. Digestive system      C. Circulatory system  
D. Central nervous system
8. Fartlek Training method is used best to develop:[K](1)  
A. Coordination      B. Endurance      C. Strength      D. Flexibility

9. Rope workouts are a great tool for improving: [U](2)  
 A. Core isolation only B. Flexibility in the shoulders C. Endurance, strength, and metabolic conditioning D. Explosive strength in the legs
10. Medicine balls are particularly effective for developing:[U](1)  
 A. Cardiovascular endurance B. Explosive strength and power C. Flexibility D. Long-term endurance

**PART - B**  
**Short Answer**  
**Answer any 10 questions**  
**Each questions carries 2 Marks (10 \* 2 = 20 Marks}**

11. What are the different types of stretching? [U](1,2)
12. What makes exercise bands effective for rehabilitation exercises? [U](3,4)
13. What is interval training? [U](1)
14. What is aerobics? [K](1)
15. For fitness purposes, how long should a normal cycling session last?[U](2)
16. What are the benefits of HIIT?[U](1,2)
17. Define general conditioning in the context of physical education. [U](1,2)
18. What does the acronym FITT stand for? [U](2)
19. Explain the concept of target heart rate and its importance in exercise.[U](2)
20. Write a short note on the following stretching types. [U](3)  
 A)Static B)Dynamic
21. Write a short note on Karvonen method. [K](1)
22. Explain the different heart rate measuring points.[U](1)

**PART - C**  
**Short Essays**  
**Answer any 4 questions**  
**Each questions carries 5 marks {4\*5 = 20 Marks}**

23. What is the importance of warm up and cool down in athletic performance? [K] (2)
24. How can running long slow distances (LSD) help the development of aerobic capacity? [K] (1)
25. Formulate a strength training plan that can be carried out at home? [C] (3,4)
26. Explain Fartlek training and its benefits?[U](1,3)
27. Explain how bird-dogs are performed and discuss their benefits for core stability?[U](3,4)
28. Explain the benefits of Burpees as a full-body exercise?[K](3)

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MAHATMA GANDHI UNIVERSITY, KOTTAYAM  
MGU-UGP (HONOURS) FIRST SEMESTER EXAMINATION  
(2024 ADMISSION ONWARDS)  
**MGIDSCFIM100-HEALTH AND FITNESS EDUCATION**

Duration 1 hrs 30mins

Maximum Marks: 50

Students should attempt at least one question from each course outcome to enhance their overall outcome attainability.

**Part A**

Multiple Choice Questions

Answer **All** Questions

Each question carries 1 mark

1. Which organization defined health as "a state of complete physical, mental, and social well-being"?  
A. WHO      B. UNICEF      C. CDC      D. NHS      (Understanding 1)
2. Which type of exercise primarily focuses on improving muscle strength?  
A. Aerobic Exercise      B. Flexibility exercise      C. Resistance Training      D. Balance Training  
(Understanding 1)
3. What is the primary benefit of flexibility training?  
A. Increased muscle mass      B. Improved joint range of motion      C. Enhanced cardiovascular fitness      D. Weight loss  
(Understanding 1)
4. What is the primary purpose of regular medical check-ups for students?  
A. To determine academic performance      B. To identify health issues early      C. To assess attendance      D. To evaluate physical education progress  
(Understanding 4,5,6)
5. What is a primary goal of the National Health Mission?  
A. Increase agricultural exports      B. Strengthen healthcare and nutrition services      C. Promote private healthcare      D. Limit government intervention  
(Understanding 4,5,6)
6. What does CHA stand for?  
A. Community Health Assessment      B. Community Health Alliance      C. Clinical Health Assessment      D. Comprehensive Health Analysis  
(Understanding 3,6)
7. Which type of exercise is best for improving flexibility?  
A. Aerobic exercise      B. Stretching      C. Strength training      D. High-intensity interval training (HIIT)  
(Understanding 1,7)
8. What type of meditation focuses on visualization?  
A. Mindfulness meditation      B. Transcendental meditation      C. Guided imagery      D. Loving-kindness meditation  
(Understanding 8)
9. Which of the following diseases is not spread by mosquitoes?  
A. Malaria      B. Pneumonia      C. Dengue      D. Chikungunya      (Understanding 2,4)
10. What is the primary cause of malnutrition?  
A. Poor diet      B. Lack of physical activity      C. Genetics      D. Poverty  
(Understanding 2,3)

[1 x 10 = 10]

**Part B**

Short Answer Type Questions

Answer **10** Questions

Each question carries **2** marks

11. Explain the importance of health education.      (Understanding 1)
12. List two examples of communicable diseases and their modes of transmission.      (Remembering 2,4)
13. Define obesity and malnutrition.      (Remembering 4,5)
14. Define health services and discuss their key components.      (Remembering 4,5,6)

15. Discuss the impact of health education on long-term health outcomes for students. (Understanding 4,5,6)
16. Define public health. How does it differ from clinical health care? (Remembering 3,6)
17. Define stress management. (Remembering 8)
18. List down the long-term benefits of physical activity? (Remembering 1,7)
19. Distinguish between power and speed, and explain their roles in skill-related physical fitness. (Understanding 1)
20. What is personal hygiene and why is it important for overall health? (Understanding 1)
21. List down the common health indicators used in community health assessments? (Remembering 3,6)
22. Discuss the impact of environmental factors on public health. (Remembering 3,6)

[10 x 2 = 20]

Part C  
Short Essay Type Questions  
Answer 4 Questions  
Each question carries 5marks

23. Define fitness and explain its various components. (Remembering 1)
24. Discuss the differences between communicable and non-communicable diseases, highlighting their characteristics, transmission modes, and control measures. (Understanding 2,4)
25. Discuss the importance of personal hygiene in maintaining overall health. (Understanding 4)
26. Define public health. Discuss its importance in society and how it differs from individual health care. (Remembering 3,6)
27. Summarize various stress management techniques. What strategies can individuals implement to cope with stress effectively? (Understanding 1,8)
28. Discuss the importance of training and professional development for school health personnel. (Understanding 4,5,6)

[4 x 5 = 20]

**MAHATMA GANDHI UNIVERSITY, KOTTAYAM**  
**MGU-UGP (HONOURS)**  
**FIRST SEMESTER EXAMINATION (2024 ADMISION ONWARDS)**  
**COURSE CODE – MG1DSCPES100**  
**FOUNDATION OF PHYSICAL EDUCATION AND RECREATION**

**Duration: 1hr 30 min**

**Maximum Marks: 50**

(Students should attempt at least one question from each course outcome to enhance their overall outcome attainability).

**Part A**

Multiple Choice Questions

(Answer All Questions,each question carries 1 mark)

1. The primary purpose of recreation is?[K] [CO1]  
a) To improve physical fitness                      b) To develop motor skills  
c) To provide relaxation and enjoyment        d) To enhance the cognitive abilities
2. Which philosophical approach emphasizes the development of the whole person through physical activity? [U] [CO2]  
a) Essentialism        b) Progressivism    c) Humanism    d) existentialism
3. The inclusion of technologies in physical education is an example of?  
[U] [CO2]  
a) Traditional approach    b) Progressive approach  
c) Innovative approach    d) Holistic approach
4. The ancient Olympic Games were held in honour of[K] [CO2]  
  
a) Zeus              b) Apollo        c) Athena              d) Hercules
5. The YMCA was founded in [K] [CO3]  
a) 1844              b) 1850              c) 1860              d) 1870
6. Which of the following is a primary objectives of Physical Education in India  
[K] [CO3]  
a) Developing physical fitness    b) Enhancing cognitive skills  
c) Promoting social and emotional growth        d) All the above

7. Which principles of motor learning emphasizes the importance of setting realistic goals?[U][CO7]
- a) Practice effect b) Feedback c) Transfer of learning d) Intrinsic motivation
8. Which principle of motor learning suggests that motor learning is influenced by mental representations?[U][CO6]
- a) Practice effect b) Schema theory c) Transfer of learning d) Intrinsic motivation
9. Idealism emphasizes the importance of[U] [CO6]
- a) Physical fitness b) Social skills c) Mental development d) All the above
10. Cognitive stage of motor learning is characterized by:[R] [CO7]
- a) Automaticity b) Conscious effort c) Fluency d) All the above

[10x 1 = 20]

## Part B

### Short Answer Questions

(Answer any **10** Questions, each question carries **2** marks)

11. How does Realism contribute to the development of practical skills in physical education?[U][CO4]
12. What are the implications of Pragmatism for physical education policy and administration?[U] [CO5]
13. What are motor programs?[K][CO6]
14. How does physical education impact mental health?[U][CO3]
15. Explain the concept of lifelong physical activity.[R][CO2]
16. How does physical education impact mental health and well-being?[R][CO2]
17. What safety precautions should be taken during hiking?[A][CO7]
18. Discuss the role of physical education in cognitive development. [A][CO3]
19. What are the limitations of Pragmatism in physical education? [U][CO5]
20. What are the key principles of Naturalism in physical education? [R][CO4]
21. Discuss the role of recreation in promoting quality of life. [U] [CO1]
22. What is risk management in outdoor activities? [U][CO7]

[10x 2 = 20]

### **Part C**

#### **Short Essay Questions**

(Answer any 4 Questions, each question carries 5 marks)

19. Define Idealism, Realism, Pragmatism, and Naturalism. [K][CO4]
20. The role of physical education in social skills development. [R][CO1]
21. Explain the significance of physical education in promoting lifelong learning. [U][CO5]
22. What strategies can be used to create inclusive recreational environments? [U][CO2]
23. What are some strategies for improving motor learning? [U][CO6]
24. What is the importance of physical education in holistic development? [R][CO3]

[4x 5 = 20]

**MAHATMA GANDHI UNIVERSITY**  
**MGU-UGP (Honours)**  
**FIRST SEMESTER EXAMINATION**  
**BACHELOR OF SPORTS MANAGEMENT (BSM)**  
**(2024 ADMISSION ONWARDS)**  
**MGIDSCSMG100- INTRODUCTION TO SPORTS MANAGEMENT**

**Time: 1.30Hours**

**Total Marks:50**

**Part A**  
**Multiple choice questions**  
**Answer All Questions**  
**Each question carries 1 mark**

1.	Elton Mayo contributed towards: a) Scientific approach b) Contingency approach c) Systems approach d) Human behaviour approach	R	CO1
2.	The Olympic Games are held every: a) Two years b) Four years c) Five years d) Every year	R	CO1
3.	What is the primary role of a sports event manager? a) Coaching athletes b) Planning and executing sports events c) Managing player contracts d) Providing health and fitness advice	U	CO3
4.	Which term refers to the right of a manager to make decisions and give orders? a) Accountability b) Responsibility c) Autonomy d) Authority	A	CO2
5.	First-line or lower-level management primarily focuses on: a) Strategic planning b) Setting long-term goals c) Day-to-day operations and supervising employees d) Allocating resources for organizational growth	An	CO5
6.	Which of the following is NOT a primary effect of the globalization of sports? a) Increased international broadcasting of sports events b) The emergence of international sports organizations c) Decline in global interest in traditional, local sports d) Growth of sports tourism and the global sports economy	A	CO1
7.	Which of the following best describes the term 'directing'? a) The process of organizing resources	U	CO4

	b) The process of instructing, guiding, and inspiring people c) The process of hiring new employees d) The process of controlling operations		
8.	Which of the following organizational structures groups employees based on similar functions or skills? a) Divisional structure b) Matrix structure c) Functional structure d) Network structure	U	CO4
9.	What is the primary goal of professional sports teams? a) To provide entertainment and generate revenue b) To develop amateur athletes c) To promote physical fitness in the community d) To organize local sports events	A	CO3
10.	Which of the following is true about the periodic reviews in MBO? a) They are focused solely on financial performance b) They are optional c) They help track progress towards objectives d) They happen only at the end of the year	U	CO5

**Part B**  
**Short Answer Type questions**  
Answer 10 Questions  
Each question carries 2 marks

11.	Explain why decision-making is a vital skill for a manager.	A	CO2
12.	What is formal organisation?	U	CO4
13.	Explain the role of "Planning" in the PODSCORB framework.	U	CO3
14.	What is the significance of sports management?	U	CO1
15.	Analyze how "Coordinating" interacts with "Directing" to ensure smooth operations in an organization.	An	CO3
16.	List two characteristics of a matrix organizational structure.	K	CO4
17.	What is the 'directing' function of management?	R	CO5
18.	What is the difference between non-profit and for-profit sports entities?	An	CO2
19.	Why is it important to balance authority and responsibility when delegating tasks?	U	CO2
20.	What is Frederick Taylor's view of management?	R	CO1
21.	What do you mean by Situational Approach in Management?	U	CO1

22.	What are the potential drawbacks of overly strict controls on employee performance?	An	CO5
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**Part C**  
**Essay Type questions**  
 Answer 4Question  
 Each question carries 5 marks

23.	Discuss about controlling and controlling process.	U	CO5
24.	What challenges might arise during the directing process in a diverse work environment?	An	CO4
25.	Explain the role of a sports manager in the operation of a sports organization	U	CO3
26.	Explain the scope of management.	U	CO2
27.	Evaluate the effectiveness of lower-level management in ensuring organization efficiency. What challenges do lower-level managers face, and how do they overcome them?	E	CO3
28.	Discuss the contribution of F. W Taylor in the field of management.	U	CO1



# MAHATMAGANDHIUNIVERSITY,KOTTAYAM

MGU-

UGP(HONOURS)FIRSTSEMESTEREX

AMINATION

(2024ADMISIONONWARDS)

**COURSE NAME - BASIC FIRST AID AND CPR**

**COURSECODE–MG1MDCPES100**

Duration:1hrs

MaximumMarks:35

## PartA

MultipleChoiceQuestionsAns

werAllQuestions

Eachquestioncarries1mark

1. First Aid can be performed by ..... Understand CO1  
a ) Only by doctors b) only by paramedics  
c ) Trained and Untrained d) Family members
2. The basic principle of First Aid is to avoid causing ..... Understand CO1 & 2  
a ) Pain b)Stress  
c ) Further harm d) Anxiety
3. Which is the largest organ in the human body? Remember CO 1 & 2  
a ) Heart b) Liver  
c ) Skin d) Pancreas
4. What does the "C" in the ABC's of emergency care stand for? Understand CO 1 & 2  
a ) Care b) Circulation  
c ) Consciousness d) Compression
5. What is the most critical step in the chain of survival? Remember CO 1  
a ) Early CPR b) Early advanced medical care  
c ) Early defibrillation d) Early recognition of cardiac arrest
6. Which degree of burn affects only the outer layer of skin?Remember CO2  
a ) First degree burn b) Third degree burn  
c ) Second degree burn d) Fourth degree burn
7. What is the term for a stretch or tear of a ligament? Remember CO 5  
a ) Strain b) Sprain  
c ) Fracture d) Contusion
8. How deep should chest compression's be for adults? Remember CO 5  
a ) About 1 inch b) About 3 inch  
c ) About 2 inch d) As deep as possible
9. Which type of scald is considered more severe? Understand CO 4  
a ) A scald from hot water b) A scald from steam  
c ) A scald from a microwave liquid d) A scald from hot food
10. What should you do if a team member disagrees with your assessment during an emergency? Remember CO 1 & 2  
a ) Ignore their input b) Listen and discuss the concerns respectfully

- c ) Argue until they agree with you d) Assign them a different task

[1x10=10]

**PartB**

ShortAnswer TypeQuestions

Answer any5Questions

Eachquestioncarries2marks

- |  |              |           |
|--|--------------|-----------|
| 11. Define First Aid.  | [Remember]   | [CO1]     |
| 12. What is the primary function of the skeletal system?                               | [Remember]   | [CO1 & 2] |
| 13. Why is it important to check the airway before assessing breathing?                | [Understand] | [CO1&2]   |
| 14. What are the common signs and symptoms of shock?                                   | [Remember]   | [CO5]     |
| 15. Describe the R.I.C.E. method and its purpose in treating musculoskeletal injuries. | [Understand] | [CO5]     |
| 16. What is the primary step in control bleeding?                                      | [Remember]   | [CO5]     |
| 17. How does an AED work?  | [Understand] | [CO5]     |

[2x5=30]

Part C

Essay Type

Questions Answer any

3 Questions

Each question carries 5 marks

18. Discuss the responsibilities of a First Aider. [Understand] [CO1]
19. What are the key steps involved in coordinating a response during an emergency situation? [Apply] [CO1 & 2]
20. What are the signs of effective CPR? [Remember] [CO2]
21. What first aid measures can be taken to assist someone experiencing an allergic reaction? [Understand] [CO5]
22. Why is it important to wash your hands before treating a wound, and how does it prevent infection? [Remember] [CO4]

[5x3=15]

**MAHATMA GANDHI UNIVERSITY, KOTAYAM**  
**MGU-UGP (HONORS)**  
**FIRST SEMESTER EXAMINATION**  
**(2024 ADMISSION ONWARDS)**  
**MG1MDCPES101: PHYSICAL FITNESS AND HEALTHY LIVING**

**Duration: 1 Hour**

**Maximum Marks: 35**

**Part A**

Multiple Choice Questions

Answer All Questions

Each Question carries 1 Mark

1. Which is not a skill-related component of physical fitness? (K) (CO 1)  
a) Speed    b) Coordination    c) Flexibility    d) Power
2. What is a key benefit of improving Cardiovascular Endurance? (U) (CO 2)  
a) Increased Muscle Size    b) Improved Heart and Lung Function  
c) Greater Flexibility    d) Increased Muscular Strength
- 3) Which of the following best describes Body Composition? (K) (CO2)  
a) Ratio of Muscle to Fat    b) Maximum Force Produced by Muscles  
c) Range of Motion around Joints    d) Ability to Perform Prolonged Physical Activity
- 4) What does the acronym **FITT** stand for in fitness training? (A) (CO 3)  
a) Frequency, Intensity, Time, Type    b) Fitness, Intensity, Training, Type  
c) Frequency, Intensity, Total, Time    d) Flexibility, Intensity, Time, Type
- 5) What does "Progressive Overload" involve? (K) (CO 3)  
a) Decreasing Workout Intensity    b) Gradually Increasing Workload  
c) Sticking to the same routine    d) Only Lifting Heavier Weights
- 6) What is the amount of blood ejected by the Left Ventricle per heartbeat? (K) (CO 4)

- a) Blood Pressure                                      b) Cardiac output
- c) Heart rate    d) Stroke volume
7. Which blood vessel is responsible for the exchange of nutrients and gases between the blood and tissues? (U) ( CO 4)
- a) Capillaries                 b) Arteries                 c) Veins                 d) Alveoli
8. The buildup of which substance in muscles causes fatigue during anaerobic exercise (U) (CO 5)
- a) Carbondioxide         b) Glycogen         c) Lactic acid         d) ATP
- 9) Consider the following statement which is a feature of anaerobic exercise (U) ( CO 4)
- b) It is Short Durstion, Low Intensity                 b) It is Long Duration, High Intensity
- c) It is Long Duration, Low Intensity                 d) It is Short-Duration, High-Intensity.
- 10) What is the functional unit of the nervous system? (K) (CO 4)
- a) Axon                 b) Synapse         c) Neuron         d) Nephron

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- b) It is Short Duration, Low Intensity      b) It is Long Duration, High Intensity
- c) It is Long Duration, Low Intensity      d) It is Short-Duration, High-Intensity.

10) What is the functional unit of the nervous system? (K) (CO 4)

- a) Axon      b) Synapse    c) Neuron    d) Nephron

## Part B

### Short Answer Type Questions

## Answer 5 Questions

Each Question carries 2 marks

11. Define Aerobic Exercise with examples (K) (CO 1)
12. Name the components of skill-related fitness (K) (CO 2)
13. What is body composition, and why is it important? (A) (CO 2)
14. Explain FITT principles. (A) (CO 3)
15. Write any 5 Long-Term Benefits of Aerobic exercises (U) (CO 5)
16. How does an exercise affect the mood and mental- well-being of the athletes? (U) (CO 5)
17. What is the importance of hydration in athletes? (U) (CO 5)

### **Part C**

Short Essay Type Questions

Answer 3 Questions

Each Question Carries 5 Marks

18. List and describe the five components of health-related physical fitness, explaining the significance of each. (U) (CO 1)
19. Briefly explain about the Principles of Fitness Training (A) (CO 3)
20. Describe the short-term and long-term effects of exercise on Cardiovascular System? (U) (CO 5)
21. Briefly explain the effects of Aerobic and Anaerobic exercises on the Muscular System? (U) (CO 5)
22. Define Skill-Related Physical Fitness and explain its significance in athletic performance (An) (CO 5)

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**MAHATMAGANDHI UNIVERSITY, KOTTAYAM**  
**MGU-UGP (HONOURS)**  
**FIRST SEMESTER EXAMINATION**  
**(2024 ADMISSION ONWARDS)**  
**COURSE CODE - MGIMDCSMG100**  
**COURSE NAME - Leadership Skills in Management**

**Duration : 1hrs**

**Maximum Marks : 35**

*Students should attempt at least one question from each course outcome to enhance their overall outcome attainability*

**Part - A**

**Multiple Choice Questions**

**Answer all questions**

**Each question carries 1 mark**

1. When a group gives some of its leadership position to the members of other group its.....  
[Understand ] [CO1 ]
  - A. Contracting
  - B. Co opting
  - C. Co alition
  - D. Competition
2. MBO stands for? [Understand ] [CO2 ]
  - A. Management of Business Objectives
  - B. Management By Objectives
  - C. Managing Business Operations
  - D. None of these
3. What is the purpose of team building? [Remember ] [C01 ]
  - A. To create conflicts within the team
  - B. To discourage collaboration
  - C. To foster positive relationships and enhance team effectiveness
  - D. To avoid communication within the team
4. What is the significance of trust in team dynamics? [Remember ] [C01 ]
  - A. Trust is irrelevant in team dynamics
  - B. Trust leads to conflicts within the team
  - C. Trust is crucial for building effective relationships and teamwork
  - D. Trust should be discouraged in teams
5. Leadership is best defined as \_\_\_\_\_. [Apply ] [CO1 ]
  - A. the ability to merely project one's abilities in the lack of actual accomplishments
  - B. the ability to reduce the dependence of team members on each other

- C. the ability to induce the team members to focus on individual goals rather than collective goals
- D. the ability to influence a group toward the achievement of a vision or set of goals

6. Encoding in communication refers to: [Remember ] [C01 ]

- A. The process of decoding a message.
- B. The process of transmitting the message.
- C. The process of converting thoughts into a message.
- D. The process of receiving feedback

7. Communication is a \_\_\_\_\_ [Understand ] [CO1 ]

- A. one way process.
- B. two way process
- C. three way process
- D. four way process

8. The extent to which power and authority are retained at the top is called as \_\_\_\_ [Understand ] [CO3 ]

- A. Centralization
- B. Decentralization.
- C. Responsibility.
- D. Accountability.

9. Elements of delegation \_\_\_\_\_ [Understand ] [ CO2 ]

- A. Responsibility, authority, accountability.
- B. Authority, delegation, accountability
- C. Responsibility, decentralization, centralization
- D. Controlling, responsibility, authority

10. CSR Stands for ..... [Understand ] [ CO2&3]

- A. Corporate Social Responsibility
- B. Company Social Responsibility
- C. Corporate Society Responsibility
- D. Company Society Responsibility



**Part B**

Short Answer Type Questions

Answer 5 Questions

Each question carries 2 marks

10. Describe a sports team leader?[Understand ] [ CO1 ]
11. Name any two leadership theories? [Understand ] [CO1 ]
12. What is the personal code of conduct?[Understand ] [CO1 &3 ]
13. Write a short note on ERG theory.[Understand ] [CO4 ]
14. Briefly explain problem solving. [Understand ] [CO3 ]
15. Names of four types of leadership style ?[Understand ] [CO1 ]
16. Why do strategies used in organization?[Understand ] [CO3]

**Part C**

Short Essay Type Questions

Answer 3 Questions

Each question carries 5 marks

17. Explain the functions of management? [Remember] [CO2 ]
18. List out the process of crisis management [Understand ][ CO2 ]
19. Describe Ethics, Morals and Value[ Remember ] [CO4 ]
20. Explain Laissez faire or Free Rein leadership with suitable examples.[Apply][CO5 ]
- 21 . How to set goals for performance enhancement?[Understand ] [CO 2&3 ]

# MAHATMAGANDHIUNIVERSITY, KOTTAYAM

## MGU-UGP (HONOURS) FIRST SEMESTER

### EXAMINATION (2024ADMISSIONONWARDS)

#### MG1MDCSMG101– Sports and Entertainment Marketing

Duration:1 Hr

MaximumMarks:35

*Students should attempt at least one question from each course outcome to enhance their overall outcome attainability.*

#### Part A

#### Multiple Choice Questions Answer All Questions

Each question carries 1 mark

1. What is the primary goal of sports marketing?  
a, To entertain fans                      b, To promote athletes  
c, To generate revenue through sports-related products and services   d, To build social media followings  
[U][CO 1,5]
2. What is a common strategy for promoting movies in entertainment marketing?  
a, Product discounting   b, Cross-promotions with brands                      c, Using athlete endorsements  
d, Broadcasting the film on YouTube  
[U][CO1 3]
3. In sports marketing, what is "activation"?  
a, A term for player contracts   b, Turning a profit from ticket sales                      c, Starting a new sports league  
d, Implementing a sponsorship or marketing plan  
[U][CO 2]
4. How do streaming platforms impact entertainment marketing?  
a, They make movie theaters obsolete   b, They increase the cost of producing shows  
c, They offer greater distribution channels for content   d, They reduce global demand for entertainment  
[An][CO 2]
5. What is the role of a sports agent?  
a, Negotiating contracts and endorsements for athletes   b, Managing the team's schedule  
c, Arranging post-game interviews                      d, Operating stadium concessions                      [A][CO 2]
6. Which of the following is an example of naming rights sponsorship?  
a, Nike sponsoring a tennis player                      b, Pepsi purchasing the rights to name an arena  
c, Coca-Cola distributing free drinks at games   d, McDonald's logo on the team uniforms [R][CO 2]
7. Which of the following best describes a "brand personality"?  
a, The physical appearance of the brand's products                      b, The human traits associated with a brand  
c, The marketing team behind the brand   d, The customer's review of the brand                      [Ap][CO 3]
8. How can teams use data analytics to enhance fan engagement?

- a, By predicting game results    b, By understanding fan preferences and tailoring content to their interests  
c, By increasing the number of players    d, By reducing marketing budgets [S][CO 4]

9. Which of the following is a key factor in entertainment marketing?

- a, Product placement    b, Pricing strategies    c, Athlete endorsements d, Broadcasting rights [I][CO 1]

10. Which of the following is a tool used in brand management to measure brand performance?

- a, Brand audit    b, Inventory management    c, Product testing    d, Employee satisfaction surveys

[E][CO 3]

**[10x1mark=10 marks]**

### **Part B**

#### **Short Answer Type Questions Answer 5 Questions Each question carries 2 marks**

11. Explain the difference between a live concert and a virtual concert in terms of audience engagement [U][CO1]
12. Name three well-known brands that sponsor major sporting events [R][CO2,3,5]
13. What role does brand visibility play in sports sponsorship deals? [U][CO2,4]
14. Design a strategy for integrating a brand into a sports team's merchandising. [C][CO3]
15. Illustrate how sports teams invest in building fan communities? [A][CO4]
16. Design a fan engagement strategy for an underperforming sports team.[R][CO4]
17. Evaluate the impact of celebrity endorsements on the marketing of sports apparel brands [E][CO1,3,5]
- [5x2 marks=10 marks]**

### **Part C**

#### **Short Essay Type Questions Answer 3 Questions Each question carries 5 marks**

18. List five major organizations that govern professional sports worldwide [R][CO1]
19. Explain the role of logos and colors in sports branding [U][CO2,3,4]
20. Compare the branding strategies of two major sports teams from different leagues [An][CO3]
21. Explain the difference between fan engagement and fan loyalty [U][CO3,4]
22. Propose a unique promotional tactics that would increase fan engagement for an upcoming sports event [C][CO3,5]

**[3x5 marks=15 marks]**

