

KAMARAJ COLLEGE (Autonomous)

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(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

THOOTHUKUDI – 628 003

(5 Pages)

Reg. No:

Question Code No : 25002912

Course Code : 24UEPE21

UG Degree - End Semester Examinations, November 2025

Second Semester

B.Sc. PHYSICAL EDUCATION

Principles of Motor Development

(For those who joined in July 2024 onwards)

Time : 3Hours

Maximum : 75 Marks

PART – A (10 X 1 = 10 Marks)

Answer ALL Questions

Choose the correct answer:

1. Which of the following defines motor development?
 - (a) Growth of muscles
 - (b) Progressive change in motor behaviour
 - (c) Development of bones
 - (d) None of the above
2. Physical Literacy refers to:
 - (a) Ability to read physical books

- (b) Skill in all types of games
 - (c) Motivation and confidence to be active for life
 - (d) Literacy about sports rules
3. What is maturation?
- (a) Mental growth
 - (b) Physical aging
 - (c) Qualitative functional change
 - (d) Gaining weight
4. LTAD stands for:
- (a) Long Time Athletic Development
 - (b) Lengthwise Track Athletic Direction
 - (c) Long Term Athlete Development
 - (d) Limited Term Athletic Design
5. Which plane divides the body into right and left halves?
- (a) Frontal Plane
 - (b) Transverse Plane
 - (c) Sagittal Plane
 - (d) Coronal Plane
6. The movement that occurs around the horizontal axis is:
- (a) Flexion
 - (b) Rotation
 - (c) Lateral bending
 - (d) Adduction
7. Non-locomotor skills include:
- (a) Running
 - (b) Jumping
 - (c) Twisting
 - (d) Hopping
8. Game and Sport skills fall under:

- (a) Fundamental motor skills (b) Specialized motor skills
- (c) Cognitive skills (d) Locomotor skills
9. Space awareness is an element of:
- (a) Time concept (b) Movement concept
- (c) Flexibility (d) None of these
10. Postural control helps in maintaining:
- (a) Heartbeat (b) Balance
- (c) Strength (d) Speed

PART - B (5 X 5 = 25 Marks)

Answer ALL Questions choosing either (a) or (b).

Answer should not exceed 250 words.

11. (a) Define motor learning and explain its importance.

(OR)

- (b) Describe any two theoretical perspectives of motor development.

12. (a) Differentiate between physical growth and maturation.

(OR)

- (b) Explain the movement milestones in children with examples.

13. (a) Explain fundamental movements in shoulder and knee

joints.

(OR)

(b) Explain the difference between axis and plane with illustrations.

14. (a) Classify fundamental motor skills and give one example for each.

(OR)

(b) Explain the game and sport skills under specialized motor skills.

15. (a) Define postural control. Why is it important for children?

(OR)

(b) Explain the effort concepts in movement with examples.

PART - C (5 X 8 = 40 Marks)

Answer ALL Questions choosing either (a) or (b).

Answer should not exceed 500 words.

16. (a) Explain the role of motor control in sports performance with practical examples.

(OR)

(b) Create a physical activity plan to enhance physical literacy among primary school children.

17. (a) Compare and contrast the physical changes during growth and aging. Provide examples from motor development.

(OR)

(b) Design a training module for children based on LTAD principles.

18. (a) Explain about biomechanical movements at major joints during running.

(OR)

(b) Create a movement chart using axis and planes for teaching basic body movements.

19. (a) Explain the stages of learning fundamental motor skills and propose activities to develop them.

(OR)

(b) Evaluate the importance of spatial and body awareness in motor development.

20. (a) Develop a classroom strategy to enhance postural control and balance in students.

(OR)

(b) Explain briefly about role of rhythmic movement and manipulative skills in child development.

