KAMARAJ COLLEGE (Autonomous)

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(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

(5 Pages) **Reg. No:……**

Question Code: 26E02908 **Course Code: 24UEPE21/25UEPE21**

UG Degree - End Semester Examinations, April 2026

Second Semester

B.Sc., PHYSICAL EDUCATION

Principles of Motor Development

(For those who joined in July 2024 and June 2025 onwards)

Time : 3Hours **Maximum : 75 Marks**

PART – A (10 × 1 = 10 Marks)

Answer ALL Questions

Choose the correct answer :

CO:1 K:1 1. Motor development mainly refers to:

(a) Increase in muscle size (b) Changes in motor behavior across lifespan

(c) Learning rules of games (d) Emotional development

CO:1 K:2 2. A child learning to ride a bicycle shows improvement through practice. This reflects:

(a) Motor Control (b) Physical Literacy

(c) Motor Learning (d) Motor Development

CO:2 K:1 3. Crawling, Walking and Running are examples of

(a) Motor milestones (b) Aging effects

(c) Sports Skills (d) Specialized Motor Skills

CO:2 K:2 4. Which motor skill requires precision and coordination of small muscles?

(a) Continuous Skill (b) Discrete Skill
(c) Fine Motor Skill (d) Gross Motor Skill

CO:3 K:1 5. Bending the elbow is an example of

(a) Abduction (b) Extension
(c) Flexion (d) Rotation

CO:3 K:2 6. Which joint allows movement in all directions?

(a) Ball and Socket Joint (b) Hinge Joint
(c) Pivot Joint (d) Saddle Joint

CO:4 K:1 7. Walking and Running are classified as

(a) Locomotor Skills (b) Manipulative Skills
(c) Non-locomotor Skills (d) Rhythmic Skills

CO:4 K:2 8. Throwing a ball during a game is an example of

(a) Fundamental Locomotor Skill (b) Non-locomotor Skill
(c) Rhythmic Skill (d) Specialized Manipulative Skill

CO:5 K:1 9. Maintaining Posture while standing on one leg reflects

(a) Agility (b) Balance
(c) Coordination (d) Speed

CO:5 K:2 10. Dynamic balance differs from static balance because it involves

(a) Joint flexibility (b) Muscle strength only
(c) Movement control (d) No movement

PART – B (5 X 5 = 25 Marks)

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

Answer should not exceed 250 words.

CO:1 K: 3 11. (a) Evaluate Motor Development and explain its characteristics across different age groups.

(OR)

(b) Analyze between Motor Learning and Motor Control with suitable examples.

CO:2 K:4 12. (a) Analyze the relationship between Growth, Maturation and Aging.

(OR)

(b) Analyze the stages of Long Term Athlete Development (LTAD).

CO:3 K:3 13. (a) Apply the knowledge of Planes in designing exercise programs.

(OR)

(b) Apply movements around different Axes in Sports Skills with suitable examples.

CO:4 K:4 14. (a) Analyze the basic categories of Fundamental and Specialized Motor Skills.

(OR)

(b) Analyze the difference between Locomotor, Non-Locomotor and Manipulative Skills with examples.

CO:5 K:3 15. (a) Apply movement concepts in improving Balance and Posture.

(OR)

(b) Apply postural control and balance in Gymnastics with suitable examples.

PART – C (5 X 8 = 40 Marks)

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

Answer should not exceed 500 words.

CO:1 K:5 16. (a) Evaluate the importance of Physical Literacy for lifelong participation.

(OR)

(b) Evaluate different Theories of Motor Development.

CO:2 K:6 17. (a) Design activities suitable for different Motor Skill stages in children.

(OR)

(b) Design a programme based on Long-Term Athlete Development (LTAD) model and design a Youth Sports Training Plan based on its stages.

CO:3 K:5 18. (a) Justify the Role of Joint movements in Sports Performance.

(OR)

(b) Evaluate the importance of Axis and Planes in Human Movement Analysis.

CO:4 K:6 19. (a) Design a training session to develop Fundamental Motor Skills.

(OR)

(b) Design a Lesson Plan for Teaching Specialized Sport Skills.

CO:5 K:6 20. (a) Design Balance training exercises for beginners.

(OR)

(b) Evaluate the Role of Postural control in your specialized sport.