Reg No:..... K24FY1253
Name :.....

First Semester FYUGP Physical Education Examination
November 2024 (2024 Admission onwards)
KU1MDCPED101 (SPORTS AND SOCIETY)

(Exam Date: 29-11-2024)

Time : 90 min Maximum Marks : 50

Part A (Answer any 6 questions. Each carries 2 marks)

1. What is the role of teamwork in sports? 2
2. Why society is said to be dynamic? 2
3. Summarize the role of team sports in enhancing communication and interpersonal skills. 2
4. Recall three benefits of contact sports. 2
5. What does the acronym WADA stand for? 2
6. What are the physical benefits of regular aerobic exercise? 2
7. Identify the primary "feel-good" hormone released during physical activity. 2
8. What hormone regulates mood, appetite and sleep, influenced by exercise? 2

Part B (Answer any 4 questions. Each carries 6 marks)

9. Differentiate between recreational sports and competitive sports. 6
10. "Sports are a socializing agent". Justify 6
11. Compare and contrast the long-term mental health benefits of participating in contact sports vs. mind-body sports. 6
12. Apply Cultural Exchange: How can hosting an international sports event like the Olympics promote cultural exchange in the host city? Provide specific examples. 6
13. Evaluate the effectiveness of sports interventions for mental health. 6
14. Analyze economic benefits of investing in exercise initiatives for mental health. 6

Part C (Answer any 1 question(s). Each carries 14 marks)

15. (a) Define culture. Explain the characteristics of culture. 7
    (b) Discuss the functions society. 7
16. Develop a social media campaign promoting recreational sports. 14

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