

**First Semester FYUGP Degree Supplementary Examination
January 2025**

KU1MDCPED101 - SPORTS AND SOCIETY

2024 Admission onwards

Time : 1.5 hours

Maximum Marks : 50

Section A

Answer any 6 questions. Each carry 2 marks.

1. Explain the difference between recreational and competitive sports.
2. What are team sports? Give an example.
3. Define non-competitive sports and provide examples.
4. Explain goals of sports sociology
5. How does globalization impact the way cultures are shared and transmitted around the world?
6. What does it mean for culture to be 'holistic'?
7. What are some social benefits of participating in team sports?
8. What is the recommended daily physical activity duration for adults?

Section B

Answer any 4 questions. Each carry 6 marks.

9. What are the objectives of sports?
10. Explain the benefits of yoga for mental health.
11. Evaluate how sports and society interconnected?
12. Explain how cultural practices are learned, and illustrate this with examples from different regions or communities.
13. Analyze how participating in sports can build empathy among individuals. Provide examples.
14. Develop strategies for stress management through physical activity.

Section C

Answer any 1 questions. Each carry 14 marks.

15. Design a campaign to promote gender equality in sports at the grassroots level. What messages and methods would you use to reach your audience?
16. Examine the effects of sports on cognitive function.