

**First Semester FYUGP Degree (Reg) Examination (Deficiency
Credit) April 2026**

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. How does physical education contribute to fitness?
2. Define 'competitive sports'.
3. Describe the purpose of warm-up exercises.
4. What are the primary lifestyle diseases that can be prevented through sports?
5. List down characteristics of society
6. How does symbolism play a role in cultural identity? Give an example.
7. Illustrate how sports can be instrumental in managing stress and anxiety.
8. Describe the impact of player migration on international sports.

Section B

Answer any 4 questions. Each carry 6 marks.

9. "Sports are a socializing agent". Justify
10. Interpret reason behind developing a new society
11. Discuss how technological advancements have led to the adaptation of cultural practices. Provide real- world examples of this phenomenon.
12. In what ways can the skill of teamwork in sports be applied to a group project in school or at work?
13. Evaluate the current state of women's representation in sports leadership roles. What trends do you observe, and what are the implications?
14. Promote Global Citizenship: In what ways can sports programs foster a sense of global citizenship among young athletes? Provide real-world applications.

Section C

Answer any 1 questions. Each carry 14 marks.

15. Design a recreational sports program for old age groups/ senior people.
16. Develop a strategy for improving teamwork in sports.