

Reg. No. :

D 2312

Q.P. Code : [07 DPDFM 01]

(For the candidates admitted from 2007 onwards)

**P.G. DIPLOMA IN FITNESS MANAGEMENT
EXAMINATION, JUNE 2008.**

BASIC CONCEPTS OF FITNESS

Time : Three hours

Maximum : 100 marks

Answer any FIVE questions.

All questions carry equal marks.

(5 × 20 = 100)

1. Explain the various concepts of fitness. What are the benefits of fitness?
2. Define health related fitness. How will you develop flexibility and endurance?
3. Describe the various influencing factors on fitness.
4. Briefly explain the performance of the athletes at hot, humid and cold climatical conditions.
5. List down and explain different theories associated with healthy lifestyle adaptation.

6. Differentiate between weight training and resistance training. Chalk out a programme to develop strength.
7. Enumerate the principles to be followed in life style to lead healthy life.
8. Write short notes on the following :
- (a) Benefits of fitness
 - (b) Reaction time
 - (c) Record keeping
 - (d) Isometric exercise.
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Reg. No. :

D 2313

Q.P. Code : [07 DPDFM 02]

(For the candidates admitted from 2007 onwards)

**P.G. DIPLOMA IN FITNESS MANAGEMENT
EXAMINATION, JUNE 2008.**

**INTRODUCTION TO THE HUMAN BODY
FUNCTIONS**

Time : Three hours

Maximum : 100 marks

Answer any FIVE questions.

All questions carry equal marks.

(5 × 20 = 100)

- 1. Draw a neat diagram of cell and label the parts. Describe the structure of a cell and its function.**
- 2. What are the components of blood and explain the functions of each of them.**
- 3. Explain the structure of excretory system with a neat diagram and describe the role of skin in water formation and removal.**

4. Write short notes on :
- (a) Axial skeleton.
 - (b) Pulse.
 - (c) Digestive juice.
 - (d) Parathyroid gland.
5. What do you mean by Master gland? Draw and explain the same. Briefly explain hypothyroidism and hyperthyroidism.
6. Explain the structure and functions of cerebrum and cerebellum with a neat diagram.
7. Draw a neat diagram of respiratory path and explain its structure. Describe the exchange of gases in lungs.
8. Write a short notes on :
- (a) Blood pressure.
 - (b) Villi.
 - (c) Nephron.
 - (d) Neuron.
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Reg. No. :

D 2314

Q.P. Code : [07 DPDFM 03]

(For the candidates admitted from 2007 onwards)

**P.G. DIPLOMA IN FITNESS MANAGEMENT
EXAMINATION, JUNE 2008.**

METHODOLOGY OF FITNESS TRAINING

Time : Three hours

Maximum : 100 marks

Answer any FIVE questions.

All questions carry equal marks.

(5 × 20 = 100)

- 1. Explain in detail the basic principles of sports training. Explain the principles of ranges of motion.**
- 2. Explain in detail different methods of training used to improve fitness variables.**
- 3. Prepare a mesocycle training schedule which would develop endurance among interuniversity players.**

4. Describe the principles of training and conditioning and the methodological parameters relevant to strength training.
 5. "Physiology is the basis for constructing a training programme". – Discuss.
 6. Write short notes on :
 - (a) Variable resistance
 - (b) Forced repetition
 - (c) Negative repetition
 - (d) Pyramid training.
 7. Discuss the significance of duration and repetition in endurance training for long distance runners.
 8. Describe the need for 'speed' in athletic performance. Prepare a specific training schedule to develop speed among sprinters.
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Reg. No. :

D 2315

Q.P. Code : [07 DPDFM 04]

(For the candidates admitted from 2007 onwards)

**P.G. DIPLOMA IN FITNESS MANAGEMENT
EXAMINATION, JUNE 2008.**

FACILITY MANAGEMENT

Time : Three hours

Maximum : 100 marks

Answer any FIVE questions.

All questions carry equal marks.

(5 × 20 = 100)

1. Briefly explain the need of infrastructure, sports facilities at college level.
2. Elucidate the procedures and rules to be followed in maintaining the swimming pool.
3. What is meant by balanced diet? Suggest a diet prior to, during and after an endurance activity.
4. What is obesity? Explain the procedure to determine body fat using skin fold caliper.
5. Enumerate the principles of weight management and fat control.

6. Write short notes on :
- (a) Minerals
 - (b) Body mass index
 - (c) Exercise bikes
 - (d) Audiovisual facilities.
7. Draw a chart and explain the importance of facilities for fitness evaluation and medical aid.
8. Enumerate the criteria to be followed in the selection and maintenance of various equipments.
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Reg. No. :

D 2299

Q.P. Code : [07 DPDYE 01]

(For the candidates admitted from 2007 onwards)

**P.G. DIPLOMA IN YOGA EDUCATION
EXAMINATION, JUNE 2008.**

FUNDAMENTALS OF YOGA EDUCATION

Time : Three hours

Maximum : 100 marks

Answer any FIVE questions.

All questions carry equal marks.

(5 × 20 = 100)

- 1. What is karma yoga? Explain the laws of karma and benefits of karma yoga.**
- 2. Compare between the yoga sutras of Pathenjali and Thirumandiram by Thirumular.**
- 3. Explain the origin of yoga. What are the categories in which the history of yoga can be decided?**
- 4. What is the yogic concept of diet and its classification? Discuss its importance.**

5. What is Naturopathy? Explain different nature cure methods and its principle.
6. Explain the way in which certain disorders are cured through diet.
7. Discuss the Eight paths of Buddhism compare between religion and spirituality?
8. Explain Hypo – psychotherapy and its advantages.

Reg. No. :

D 2300

Q.P. Code : [07 DPDYE 02]

(For the candidates admitted from 2007 onwards)

P.G. DIPLOMA YOGA EDUCATION EXAMINATION,
JUNE 2008.

SCIENCE OF YOGA

Time : Three hours

Maximum : 100 marks

Answer any FIVE questions.

All questions carry equal marks.

(5 × 20 = 100)

1. Name the different types of tissue and their function.
2. Name the main types of muscles. Why is it important to have good muscle length and muscle strength?
3. Draw a labelled diagram to show the chambers and valves of the heart? Write about the three different types of circulation.
4. Describe the various stages of digestion, indicating their functions.

5. Name the various subdivisions of central nervous system and mention its functions.
 6. Write short note on :
 - (a) Autonomic nervous system
 - (b) Cerebrospinal fluid
 - (c) Cranial nerves.
 7. Name the endocrine glands of the body. Explain its functions.
 8. Describe the process of respiration and gaseous exchange.
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Reg. No. :

D 2302

Q.P. Code : [07 DPDYE 04]

(For the candidates admitted from 2007 onwards)

**P.G. DIPLOMA IN YOGA EDUCATION
EXAMINATION, JUNE 2008.**

PRINCIPLES OF YOGIC THERAPY

Time : Three hours

Maximum : 100 marks

Answer any FIVE questions.

All questions carry equal marks.

(5 × 20 = 100)

1. Define Yoga therapy? Explain the principles of yogic management.
2. Explain yoga therapy for diabetes.
3. List out the relevant asanas and pranayama for the treatment of nervousness?
4. How to overcome anger through yogic management?
5. What are the types of stress? Write an explanation regarding the yogic management of stress?
6. What is pranayama? How it helpful for breathing disorders?

7. Define fatigue. Write the causes and symptoms of fatigue. How to manage through yoga?
 8. List out the asanas and pranayama for the treatment of liver and kidney disorder.
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Reg. No. :

D 2323

Q.P. Code : [07 DPDET 02]

(For the candidates admitted from 2007 onwards)

P.G. DIPLOMA IN EDUCATIONAL TECHNOLOGY
EXAMINATION, JUNE 2008.

PSYCHOLOGY OF LEARNING

Time : Three hours

Maximum : 100 marks

FIVE out of Eight questions to be answered

All questions carry equal marks.

(5 × 20 = 100)

1. Explain the concept "psychology". Describe the branches of psychology and its scope.
2. Write an essay on humanistic and information processing approach.
3. What is meant by operant conditioning? Describe the experimental conditions that Skinner made to the occurrence of operant conditioning. Compare classical conditioning with operant conditioning.
4. Explain the concept and nature of critical thinking. Describe the guidelines for teaching that can foster critical thinking.

5. What is attention? Give a brief account of the different types of attention. Distinguish attention from inattention and distractions.
 6. Enumerate "cognitive development".
 7. Write short notes on :
 - (a) Aptitude
 - (b) Intrinsic and extrinsic motivation.
 8. Critically analyse the principles and models of information processing.
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Reg. No. :

D 2324

Q.P. Code : [07 DPDET 03]

(For the candidates admitted from 2007 onwards)

**P.G. DIPLOMA IN EDUCATIONAL TECHNOLOGY
EXAMINATION, JUNE 2008.**

INSTRUCTIONAL TECHNOLOGY

Time : Three hours

Maximum : 100 marks

FIVE out of EIGHT questions to be answered.

All questions carry equal marks.

(5 × 20 = 100)

1. Explain in detail the concepts of Instructional Technology. Describe its development and scope.
2. What is meant by UNESCO ISD model? Describe it in detail. State the advantages and limitations.
3. What is symposium? Elucidate the procedure to conduct symposium to the students. List out its merits and limitations.
4. Define CAI. Explain its characteristics. How will you teach subjects effectively through CAI to the students? State its advantages.

5. What do you mean by credit system? Explain. Compare the relative merits and limitations of credit system and grading system.
 6. List out the instructional development models. Explain in detail the Kemp model. State its merits and limitations.
 7. Write an essay on Team-teaching and brain storming.
 8. Write short notes on :
 - (a) Question bank and
 - (b) Remedial teaching.
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Reg. No. :

D 2316

Q.P. Code : [07 DPDET 06]

(For the candidates admitted from 2007 onwards)

**P.G. DIPLOMA IN EDUCATIONAL TECHNOLOGY
EXAMINATION, JUNE 2008.**

EDUCATIONAL VIDEO PRODUCTION

Time : Three hours

Maximum : 100 marks

Choose any FIVE of the following.

Answer to questions should not exceed 4,500 words.

(5 × 20 = 100)

- 1. Give the principle of a video camera. Draw the parts and explain. Give its importance.**
- 2. Explain shot composition and different types of shots.**
- 3. Write short notes on the following :**
 - (a) Lighting**
 - (b) Color**
 - (c) Recording**
 - (d) Visual continuity.**
during video production.

4. Describe in detail the equipment and video script for mixing the visual and audio. Give the techniques of mixing different visual forms.
5. Specify the general copy right provisions. How to obtain permission to use copy right materials and how to protect them.
6. Explain the role of subject experts and technicians in assessment.
7. Write short notes on :
 - (a) Graphic
 - (b) Animation
 - (c) Lettering
 - (d) Drawing and diagrams during video production.
8. (a) Give the criteria for choosing video.
(b) Video is a teaching and learning tool. Justify this statement.

Reg. No. :

D 2317

Q.P. Code : [07 DPDET 07]

(For the candidates admitted from 2007 onwards)

**P.G. DIPLOMA IN EDUCATIONAL TECHNOLOGY
EXAMINATION, JUNE 2008.**

COMPUTER BASED INSTRUCTION

Time : Three hours

Maximum : 100 marks

Answer ALL the questions.

Answer should not exceed 4,500 words.

Choose any FIVE out of Eight questions.

(5 × 20 = 100)

- (a) Write about the history of computers.

(b) Computer is a tool of education. Justify this statement.
- Explain Drill and Practice in detail.
- (a) Give the eight-step model for developing computer based instructional materials.

(b) Explain quality review phase and pilot testing in lesson evaluation and revision.

4. Give the advantages and disadvantages of online testing. Explain Computerized question banking.
 5. Write in detail the meaning, scope and importance of web-based Instruction.
 6. Explain programming languages.
 7. What is simulation? Write about
 - (a) Physical simulations.
 - (b) Procedural simulations.
 - (c) Situational simulations.
 - (d) Process simulations.
 8. Explain the role of the instructor and student while implementing test.
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Reg. No. :

D 2292

Q.P. Code : [07 DPDIB 02]

(For the candidates admitted from 2007 onwards)

P.G. DIPLOMA IN INTERNATIONAL BUSINESS
EXAMINATION, JUNE 2008.

EXPORT AND IMPORT PROCEDURES

Time : Three hours

Maximum : 100 marks

Answer any FIVE questions.

All questions carry equal marks.

1. Explain in detail the measures taken by Government of India to promote export business.
2. Discuss the procedure for obtaining international finance for doing export.
3. What is marine insurance? Enumerate the various marine insurance policies are available to safeguard the exporters.
4. Define letter of credit. Explain the features of different types of letters of credit. Discuss their pros and cons.
5. Write in detail about duty exemption schemes.

6. Explain the recent developments in export packaging and labelling.
7. Discuss the various sources providing export finance.
8. Write short notes on the following :
 - (a) Deemed exports
 - (b) Forwarding agents
 - (c) Export pass book
 - (d) Customs duty

Reg. No. :

D 2293

Q.P. Code : [07 DPDIB 03]

(For the candidates admitted from 2007 onwards)

**P.G. DIPLOMA IN INTERNATIONAL BUSINESS
EXAMINATION, JUNE 2008.**

FINANCING OF FOREIGN TRADE

Time : Three hours

Maximum : 100 marks

Answer any FIVE questions.

All questions carry equal marks.

(5 × 20 =100)

1. Explain in detail about the various modes of international payments.
2. Examine the basic principles of export credit insurance.
3. Critically evaluate the Indian Export - Import finance system.
4. What are the conditions stipulated while generating long term finance? Discuss.
5. Evaluate the various services provided by the ECGC.

6. Discuss in detail about the various incentives available for an exporter in India.
7. Explain about the packing credit schemes of RBI.
8. Write short notes on the following :
 - (a) Export credit needs
 - (b) Pre. Shipment credit
 - (c) Consumer goods
 - (d) IFCL.

Reg. No. :

D 2295

Q.P. Code : [07 DPDIM 02]

(For the candidates admitted from 2007 onwards)

P.G. DIPLOMA IN INSURANCE MANAGEMENT
EXAMINATION, JUNE 2008.

PRINCIPLES OF GENERAL INSURANCE

Time : Three hours

Maximum : 100 marks

Answer any FIVE questions.

All questions carry equal marks.

(5 × 20 = 100)

1. Distinguish between "Pure" risks and "Speculative" risks with examples.
2. Define Insurance. Explain the functions of Insurance.
3. Give a brief history of growth of Insurance in India.
4. How do compulsory insurance regulations affect the demand for insurance?
5. Mention the types of direct insurance business

6. What are the functions of policy-holders servicing department of a divisional office?
 7. What are the various ways of dealing with extra risk in insurances?
 8. Outline the underwriting guidelines that are issued by the Head offices of the companies.
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Reg. No. :

D 2296

Q.P. Code : [07 DPD IM 03]

(For the candidates admitted from 2007 onwards)

**P.G. DIPLOMA IN INSURANCE MANAGEMENT
EXAMINATION, JUNE 2008.**

INSURANCE LAWS

Time : Three hours

Maximum :-100 marks

Answer any FIVE questions.

All questions carry equal marks.

(5 × 20 = 100)

1. "An agreement enforceable by law is a contract". Discuss the definition and bring out clearly the essentials of a valid contract.
2. Explain the nature of the bailee's particular lien. How does it differ from the general lien of bankers and factors?
3. What is agency by ratification? What are the requisites of a valid ratification?

4. What is "offer", "counter-offer" and "Acceptance" in connection with life insurance?
 5. What are the functions of the General Insurance Corporation of India and the subsidiary companies as per the General Insurance Business Act?
 6. What provisions are made in the motor vehicles Act in the event of death of Insured person?
 7. Discuss the function and advantages of different classes of policies in marine Insurance.
 8. What are the objects of the Indian Railways Act of 1980?
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Reg. No. :

D 2252

Q.P. Code : [07 DPGDB 02]

(For the candidates admitted from 2007 onwards)

**P.G. DIPLOMA IN BIOINFORMATICS
EXAMINATION, JUNE 2008.**

**COMPUTATIONAL METHODS FOR SEQUENCE
ANALYSIS**

Time : Three hours

Maximum : 100 marks

Answer any FIVE questions.

All questions carry equal marks.

(5 × 20 = 100)

- 1. Define the term bioinformatics. Write an account on application of bioinformatics in various fields.**
- 2. Write an essay on biological data bases.**
- 3. State the concepts of local and global alignments. Explain Needleman and Wunsch algorithm and Smith and Waterman algorithm.**
- 4. What is meant by multiple sequence alignment? How will you do multiple sequence alignment by using FASTA and BLAST?**

5. Explain the uses of Clustal and PHYLIP in phylogenetic analysis. Add a note on rooted and unrooted tree representation.
6. Write an account on gene prediction.
7. Write notes on the following :
- (a) Bootstrapping strategies. (10)
- (b) Repeat sequence finder. (10)
8. Describe secondary structure prediction of protein with probabilistic models.
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Reg. No. :

D 2275

Q.P. Code : [07 DPDCE 03]

(For the candidates admitted from 2007 onwards)

**P.G. DIPLOMA IN COMMUNICATIVE ENGLISH
EXAMINATION, JUNE 2008.**

Paper III — COMMUNICATIVE ENGLISH — III

Time : Three hours

Maximum : 100 marks

I. Answer any FOUR in about 100 words each.

(4 × 5 = 20)

(a) Define the term 'proposal'.

(b) What are factors of persuasion that can convert a proposal into a project or contract?

(c) Elaborate on the types of proposals.

(d) What are the elements that constitute the proposal? Elaborate.

(e) Enumerate the evidences that can facilitate evaluation of a proposal.

(f) As the General Secretary of the students union prepare a proposal for setting up a cultural centre on the campus of your institution.

2. Answer any FOUR in about 100 words each.

(4 × 5 = 20)

(a) How is business correspondence different from reports?

(b) Briefly explain the structural elements of a business letter.

(c) Write a letter to the Manager of a bank which is ready to advance a loan of rupees one crore to your firm where you are the Managing Director. Your letter should convey thankfulness, and touch on terms and conditions.

(d) What qualities determine the bearing of a business letter? Elaborate briefly.

(e) Write five sentences conveying abstract meaning. These sentences should pertain to business.

(f) Write five sentences touching on business conveying precise and concrete, clear-cut meaning.

3. Answer any FOUR in about 100 words each.

(4 × 5 = 20)

(a) Define and explain 'Agenda'.

(b) What details are required to make minutes self-sufficient records?

(c) Prepare 'Notice' and 'Agenda' for a meeting in

(d) As the Secretary of a company, draft the minutes of the Annual General Body Meeting of the Company. Follow the guidelines.

(e) Draft a notice and agenda inventing necessary details relating to an advertisement campaign to be launched by your company.

(f) How do 'Notices' help an organisation?

4. Answer any FOUR in about 100 words each.

(4 × 5 = 20)

(a) Describe the purposes for which handbooks are prepared.

(b) Describe the 'why' and 'how' of manuals in organisations.

(c) Explain briefly on types of manuals.

(d) Give an appraisal on the common features of manuals.

(e) Prepare an instructions leaflet on the registration procedure for freshers at your college.

(f) Write adhering to logic and conduct guidelines for freshers.

5. Answer any FOUR in about 100 words each.

(4 × 5 = 20)

(a) What is research?

(b) What are the characteristics features of a research paper?

- (c) Elaborate on the types of research paper.
 - (d) Explain the various elements that constitute a research paper.
 - (e) Describe the how about of evaluating a research paper.
 - (f) Write a brief note on articles.
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