



R. Sambath

Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Arrear Examination – November 2025
VI Semester

Batch : 2022 Arrear
Major : BBA Retail Management

Time: 2 Hours
Max. Marks: 60

21BXSP06 Yogic concepts and Sports Carrier

Part A
Answer all Questions

20 x1 =20

- Who is called the Father of Yoga?
(a) Patanjali (b) Kapila (c) Vyas (d) Buddha
- Which is the highest goal of Yoga?
(a) Health (b) Relaxation
(c) Moksha (Liberation) (d) Flexibility
- Which is not a type of Yoga?
(a) Bhakti Yoga (b) Jnana Yoga
(c) Karma Yoga (d) Aerobic Yoga
- 'Pranayama' in Yoga means—
(a) Body posture (b) Breathing control
(c) Meditation (d) Fasting
- International Yoga Day is celebrated on—
(a) 1st June (b) 21st June
(c) 10th July (d) 15th August
- Which path of Yoga emphasizes devotion to God?
(a) Raja Yoga (b) Bhakti Yoga
(c) Karma Yoga (d) Jnana Yoga
- How many total limbs are there in yoga?
(a) 4 (b) 6 (c) 12 (d) 8
- SAI stands for—
(a) Sports Authority of India (b) Sports Academy of India
(c) Sports Association of India (d) Sports Alliance of India
- Which of the following is a tactical skill?
(a) Forehand in tennis (b) Cover drive in cricket
(c) Team formation in hockey (d) Push pass in hockey
- Which is not a component of physical fitness?
(a) Strength (b) Speed (c) Agility (d) Memory
- Which is an example of group tactics?
(a) Wall pass in football (b) Solo run in hockey
(c) Bowling action in cricket (d) Smash in volleyball
- Which organization conducts training for sports coaches in India?
(a) AIIMS (b) SAI (c) UGC (d) ICSE
- Who helps athletes recover from injuries?

14. Who receives the Arjuna Award?
(a) Best coach in India (b) Outstanding sportsperson in India
(c) Sports journalist (d) International referee
15. Which award is given for lifetime contribution in sports in India?
(a) Dronacharya Award (b) Rajiv Gandhi Khel Ratna
(c) Padma Shri (d) Bharat Ratna
16. What is the process of Sports training
(a) Teaching rules only (b) Preparing sportsmen for high performance
(c) Entertainment (d) Recreation
17. Who is eligible for the Dronacharya Award?
(a) Best athlete (b) Outstanding coach in sports
(c) Referee (d) Sports journalist
18. How many steps in Surya Namaskar?
(a) 10 (b) 12 (c) 14 (d) 16
19. What does sports psychology mainly focus on?
(a) Muscular growth (b) Mental process and performance
(c) Sports injuries (d) Playing surface
20. Which technique helps athletes reduce stress?
(a) Relaxation and imagery (b) Heavy training
(c) Extra eating (d) Running fast

Part B

5 x 2 = 10

**Answer All questions
Each Answer in one or two sentences**

21. What is the aim of yoga?
22. Define sports psychology?
23. What is the role of nutrition in sports performance?
24. Write is strain and sprain?
25. Who is eligible to receive the Arjuna award?

Part C

2 x 15 = 30

**Answer All questions
Answer should not exceed 800 words or four pages.**

26. (a). Explain the meaning, importance and different types of Yoga.
(Or)
26. (b). Explain Eight Limbs of Yoga.
27. (a). Explain the role of Individual in Healthy lifestyle?
(Or)
27. (b). Explain Sports Awards and Trophies.
