



Maintenance

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)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II – November 2023
I- SEMESTER

Class : I BPEd
Major : Physical Education

Time: 2 hours
Maximum Marks :60

23BPDC01- History, Principles and Foundation of Physical Education

Course Outcomes:

1. Know the origin and development of physical education
2. Apply the knowledge of Olympics in organizing various sport activities.
3. Distinguish the functional operations on national and international federations.
4. Analyze the concepts and issues pertaining to physical education.
5. Formulate the principles, philosophy and concepts about physical education

Part-A

6x1=6

Choose the correct answer

1. According to the German Concept of Physical Education, the Mother of all Games and Sports is
a. Swimming b. Gymnastics c. Athletics d. Combatives CO1K2
2. Which one of the following concepts reflects the true nature of Modern Physical Education? CO2K2
a. Physical Training b. Science of Movement c. Movement Education d. Athleticism
3. Who started the Modern Olympics? CO2K3
a. Baron Perier De Coubertin b. Perier Charles c. The Greeks d. Zeus
4. The first institute in India to propagate the cause of indigenous physical activities is CO2K3
a. YMCA, Madras b. LNIPE, Gwalior c. H.V.P. Mandal, Amravati
d. Punjab Government College of Physical Education, Patiala
5. Professional preparation of Physical Education teachers in India is governed by CO2K3
a. L.N.I.P.E. b. N.C.T.E. c. N.C.E.R.T. d. U.G.C
6. Philosophy of physical education is related to CO2K3
a. Realism b. Idealism c. Humanism d. Pragmatism

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. What are the different aspects of philosophy in Physical Education? CO3K3
(or)
7. b. Write about Pan Hellenic festivals CO3K3
8. a. Enumerate about the Fitness and Wellness movement in contemporary perspectives CO3K3
(or)
8. b. write about the nature and significance of principles in Physical Education CO3K3
9. a. Describe about Body Types ? CO3K3
(or)
9. b. Write about types of Learning In Physical Education CO3K3

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Explain in detail about the Growth and Development ? CO2K2
- (or)
- 10.b. Explain the different aspects of philosophy in Physical Education CO2K2
11. a. Explain the need and importance of philosophy in Physical Education CO2K2
- (or)
- 11.b. Write about the History of Physical Education in Sparta CO2K2
12. a. Write about the Age and Gender Characteristics CO2K2
- (or)
- 12.b. Write about the Laws of Learning CO2K2

Staff in-charge: Dr.T. Shanmugavalli

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