



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment II Oct – 2025
Semester -I

Class: I UG
Major: Physical Education

Max Marks: 60
Duration: 2 hours

23BPEC01 History and Foundation of Physical Education

Course Outcomes:

1. Able to compare the relationship between general education and physical education.
2. Able to identify and relate with the History of Physical Education.
3. Able to comprehend the relationship between Philosophy, Education and Physical
4. Able to identify the works of Philosophers of Education and Physical Education.
5. Know the recent developments and academic foundation of Physical Education.

Part –A

Answer all the questions

1x6=6

1. Which of the following is a cognitive goal of physical education? CO4K3
(a) Improved cardiovascular endurance (b) Knowledge of game rules
(c) Enhanced flexibility (d) Greater muscle strength
2. The concept of “play” in physical education emphasizes what aspect? CO5K1
(a) Competition (b) Enjoyment and exploration
(c) Structured learning (d) Elite?
3. What is the main focus of health-related fitness in physical education? CO3K2
(a) Skill acquisition (b) Overall well-being
(c) Competitive sports (d) Academic performance
4. Which of the following is a characteristic of quality physical education programs? CO5K1
(a) Variety of activities (b) Emphasis on competition
(c) Limited student involvement (d) Focus solely on traditional sports
5. What does the term “socialization” refer to in physical education? CO2K3
(a) Learning to play sports (b) Developing friendships through activity
(c) Competing against others (d) Studying sports history
6. In the context of physical education, what does “adaptability” refer to? CO2K4
(a) Ability to compete (b) Flexibility in teaching methods
(c) Strict adherence to rules (d) Focus on traditional sports

Part B

Each answer should not exceed 400 words or two pages

3x6=18

- 7 (a). Definition and Meaning of fitness and wellness CO3K2
(Or)
- 7.(b). Short note on classification of fitness and wellness CO2K3
- 8 (a). Short notes on psychological attitude, cognition, sentiment and emotion CO2K4
(Or)
- 8 (b). Describe about the growth and development in physical Education CO3K1
- 9 (a). Short notes on the national awards for sports person and coaching scheme CO3K2
(Or)
- 9 (b). Describes the recent achievement at world athletics championship CO5K1

Part C

Each answer should not exceed 800 words or two pages

3x12=36

- 10(a). Explain the type of philosophy foundation? CO2K3
(Or)
- 10 (b) Illustrate the sports for all and its role in the maintenance and promotion of fitness CO2K2
- 11 (a). Discuss about society and culture social acceptance & recognition leadership in physical education CO3K2
(Or)
- 11 (b). Related to body type of Sheldon and Kretschmer classification CO4K3
- 12 (a). Summarize of the sports talent search scholarship CO4K3
(Or)
- 12 (b). Interpret of national coaching scheme and SAI CO2K3