

Avinashigam Institute for Home Science and Higher Education for Women

Continuous Internal Assessment II – October 2018

Class : I BPEd

Time : 2 Hrs.

Semester : I

Max Marks: 60

18BPDC01 - History, Principles and Foundation of Physical Education

Course Outcomes:

CO1 : Know the origin and development of physical Education

CO2 : Apply the knowledge of Olympics' in organizing various sport activities

CO3 : Distinguish the functional operations on National and International Olympic Federations

CO4 : Analyze the concepts and issues pertaining to Physical Education

CO5 : Formulate the Principles, philosophy and concepts about Physical Education

PART – A

Circle the Correct Answer 5 x 1=5

1. Which of the Philosophies in Physical Education is also known as Experimentation? CO4 K4
 - a. Existentialism
 - b. Realism
 - c. Pragmatism
 - d. Electicism
2. Which of the Statutory bodies regulates the Teacher Training aspect of Physical Education ? CO4 K5
 - a. University Grants Commission
 - b. National Council of Teacher Education
 - c. National Assessment and Accreditation Council
 - d. National Council for Education Research and Training.
3. The law of use and disuse related to CO5 K4
 - a. Physics
 - b. Biology
 - c. Chemistry
 - d. Psychology
4. For Sociologists Physical Education is an CO2 K2
 - a. Lifetime Education
 - b. Moral Education
 - c. Education of Body
 - d. Value based Education
5. In acquisition of motor Skills Trial and Error is an important aspect in CO4 K3
 - a. Philosophy
 - b. Principle
 - c. Paradigm
 - d. Theory

PART – B

Answer the following in one or two sentences

5 X 2 = 10

6. Define Principles of Physical Education
7. Define Psychology
8. What is Meant by Muscle Tone ?
9. Define Reflex Action
10. Define Sociology

CO5 K2

CO2 K1

CO4 K1

CO3 K2

CO1 K1

Answer the Following

Answer should not exceed 200 words or One Page 3 X 5 = 15

11. a. Write about Pan Hellenic Festivals (or)
11. b. Briefly explain about the Fitness and Wellness
12. a. Describe about the Laws of Learning (or)
12. b. Discuss in detail about the Growth and Development
13. a. Explain about Reciprocal Innervations (or)
13. b. Write about the Qualities of a Leader

CO2 K2

CO4 K2

CO4 K6

CO1 K4

CO2 K3

CO3 K2

PART – D

Answer the following

Answer should not exceed 700 words or four pages 2X 15 = 30

14. a. Enumerate the Different Philosophies in Physical Education
- Or
14. b. Explain the Role of Sports in Promoting Fitness and Wellness
15. a. Write about the different Theories of Play
- Or
15. b. Write in detail about Different Body Types

CO5 K5

CO5 K5

CO5 K5

CO4 K6

CO5 K5

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