

Time: 2 Hours

Class: I BPED

Max.Marks: 60

18BPDCOI- 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 Olympic Federations.
4. Analyze the concepts and issues pertaining to Physical Education.
5. Formulate the principles, philosophy and concepts about Physical Education

Part A

Choose the correct answer

1. Agoge was the name of system in greek related to CO4K1
a)Education and military training b)Dance c)Music d)recreation
2. Which of the following is the award for outstanding sports coaches CO4K1
a)Arjuna award b)Dronacharya award c) padma shri award d) padma bhushan award
3. Which of the following philosophies in physical education is also known as experimentation CO1K1
a)existentialism b) Realism c) pragmatism d) eclecticism
4. In acquisition of motor skills trail and error is an important CO1K1
a) Philosophy b) principle c) paradigm d) theory CO5K2
5. which of the statutory bodies regulates the teacher training aspects of physical education CO1K1
a) University grants commission b)National council of teacher education c) National assessment and accreditation council d) national council of education research CO5K2

Part B

Answer the following question

5x2 =10

6. Define Psychology CO1K1
7. Define Philosophy in physical education CO2K1
8. What is meant by Muscle tone CO1K2
9. What is meant Anthropometry CO2K1
10. Define sociology CO5K2

Part C

Answer the following question

3 x 5 = 15

Answer should not exceed 400 words or two pages

11. A. Write about panhellenic festivals

CO4K2

(or)

B. Explain about the different aspects of philosophy in physical education

CO5K1

12. A. Discuss in detail about fitness and wellness

CO3K2

(or)

B. Describe about principles of physical education

CO1K3

13. A. what is sports sociology and explain and its need and importance of sports sociology CO1K3

(or)

B. Define learning and explain its types

CO1K3

Part D

Answer the following questions

2 X 15 = 30

Answer should not exceed 800 words or four pages

14. A. Enumerate the different philosophies in physical education

CO1K2

(or)

B. Elucidate the history of physical education in Athens

CO4K4

15. A. Describe the growth and development and its body types

CO1K2

(or)

B. Write about the learning curve and explain it laws of learning

CO3K3