

Time : 2 hours

Class : I Bsc
Major : Physical Education

Max.marks :60

18BPEC01 History and Foundation of Physical Education

Course Outcome

1. Summarize the foundations of PE including the Historical and Philosophical aspects of the profession.
2. Describe perspectives of physical education issues and legislation in the society.
3. Resourceful person in various sports activities and Explore various carrier possibilities in the profession
4. Develop an inquiring mind which tries to see the environment, examine the own ability and stimulate curiosity.
5. Create Psychological and Sociological aspects of the profession

PART – A

Circle the Correct Answer

5x1=5

1. In which of the following ancient sites was the gladiator contest watching the most popular pastime of the people?
(a) Athens (b) Sparta (c) Rome (d) Olympia
CO1 K1
2. When the first Modern Olympic Games were held?
a) 1890 (b) 1896 (c) 1894 (d) 1888
CO3 K3
3. What is the motto of the commonwealth Games
a) Humanity - Equality – Destiny (b) Faith – Friendship – Sports
(c) Excellence – Freedom competition (d) Together to achieve
CO2 K2
4. Which of the following years is called the year of the first Olympics?
a) 724 B.C (b) 720 B.C (c) 776 B.C (d) 756 B.C
CO2 K1
5. Name the founding father of the Asian games
a) Jawaharlal Nehru (b) Rajkumari AmritKaur (c) Guru DuttSondhi (d) Yadavendra Singh
CO3 K2

PART – B

Answer the following in one or two sentence

5x2=10

6. Define :- Physical Education CO1 K1
7. Explain ancient pentathlon CO2 K3
8. What is Homeric period? CO1 K1
9. What is the Olympic Motto? CO3 K2
10. Abbreviate – NIS,SAI,CABER,INCPPE, CO4 K1

PART - C

Answer the following (one page)

3x5=15

11. (a) Write a short notes on history of Physical Education in India after independence (or) CO1 K1
- (b) Write notes about Physical Education in Germany CO1 K2
12. (a) Write short notes of ancient Olympic Games (or) CO2 K3
- (b) Briefly about the Asian Games CO3 K2
13. (a) Write about NCC (or) CO2 K1
- (b) Write about the Youth Festival? CO4 K3

PART - D

Answer the following (six pages)

2x15=30

14. (a) Explain the history of Epic period, Muslim period, Pre Independence CO1 K1
And Post-Independence (or)
- (b) Enumerate Modern Olympic Games – Aims, Objectives, Spirit, Motto and CO2 K2
Flag. CO3 K3
15. a) Explain the various Awards and Honours for sports persons and Coaches CO4 K1
- b) Explain history of physical education in Sparta and Athens