



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 (now MoE)
Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, category I by UGC
Coimbatore - 641 043, Tamil Nadu, India.

Continuous Internal Assessment I Aug – 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. Who had written about the physical education in Ancient Greece
(a) Johnsinon (b) Zeus (c) Horner (d) Adolph **CO4K3**
2. When the first Modern Olympic Games were held ?
(a) 1890 (b) 1896 (c) 1894 (d) 1888 **CO5K1**
3. What is the motto of Paris Olympic 2024
(a) Held Your Hope High (b) Games Wide Open
(c) Move on With Games (d) Lets Make It Happen **CO3K2**
4. In which year the first Ancient Olympic start
(a) 724 B.C (b) 720 B.C (c) 776 B.C (d) 756 B.C **CO5K1**
5. Which is the color of the first ring in Olympic Flag
(a) Yellow (b) Red (c) Black (d) Blue **CO2K3**
6. Which Indian athlete won the medal in Javelin Throw at Paris 2024 Olympics?
(a) Annul rani (b) Shivpal Singh **CO2K4**
(c) Neeraj chopra (d) Devendra Jhajharia

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

- 7 (a). Definition and Meaning of Physical education **CO3K2**
(Or)
- 7 (b). Short note on Misconception about Physical education **CO2K3**
- 8 (a). Short notes on Medieval period **CO2K4**
(Or)
- 8 (b). Discuss about Y.M.C.A and its contributions **CO3K1**
- 9 (a). Short notes on the early history of modern Olympics **CO3K2**
(Or)
- 9 (b). Describes the recent achievement at Paris Olympic in India **CO5K1**

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10 (a). Explain the main Aims and Objectives of Physical Education **CO2K3**
(Or)
- 10 (b) Illustrate relationship of physical education and general education **CO2K2**
- 11 (a). Describe about the Vedic period **CO3K2**
(Or)
- 11 (b). Related to the Early Hindu period and later Hindu period **CO4K3**
- 12 (a). Summarize of the scope of Physical Education **CO4K3**
(Or)
- 12 (b). Interpret of Cultural and Educational values of Olympic movement **CO2K3**