



Hambatta

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 12 B

Coimbatore-641 043, Tamil Nadu, India

Continuous Internal Assessment II - October 2024

Semester-I

Class : I UG

Major: Physical Education

Time : 2 hours

Max Marks : 60

23BPEC01 History and foundation of Physical Education

Course Outcomes:

1. Summarize the foundation of PE including the Historical and Philosophical aspects of the profession.
2. Describe perspective 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

6 x 1 = 6

Choose the correct answer

1. In which year the Arjuna Awards were instituted
a) 1956 b) 1961 c) 1964 d) 1967 CO3K3
2. Which of the following is not related with cognitive domain
a) Knowledge b) Application c) Valuing d) Understanding CO4K1
3. Which body type can be characterized by a round body
a) Endomorph b) Ectomorph c) Mesomorph d) None of these CO3K3
4. Which of the following award is given to a University for its all-round good performance in sports
a) Dronacharya Award b) Maulana Abul Kalam Azad Trophy
c) Arjuna Award d) Dhyanchand Award CO2K4
5. Which organization was established in the year 1984 by Ministry of Youth Affairs and Sports of Government of India
a) All India Council of Sports b) National service scheme
c) Sports Authority of India d) National Institute of Sports CO1K2
6. Which is the following age range for early childhood
a) 0 to 8 years b) 0 to 8 years c) 12 to 18 years d) 18 to 24 years CO2K1

Part B

3 x 6 = 18

Answer ALL Questions

Answer should not exceed 400 words or two pages

- 7 (a). Write a short note on fitness and wellness movement in the contemporary perspectives. CO2K1
(or)
(b). Write a Short note on leadership in physical Education. CO3K4
- 8 (a). Explain about the National Sports Awards for Sports person and Coaches. CO1K2
(or)
(b). Define Cognition, Emotion, and Sentiments with an suitable examples. CO2K3
- 9 (a). Write a short note on Youth Hostel Youth Festival CO1K3
(or)
(b). Explain Moulana Abdul Kalam Azad Trophy. CO2K4

Part C

3 x 12 = 36

Answer ALL Questions

Answer should not exceed 800 words or four pages

- 10 (a). Describe about Sports for all and its role and maintenance of fitness. CO2K1
(or)
(b). Define Biological growth and development and explain age and gender characteristics. CO1K3
- 11 (a). Briefly explain the body type and its psychological attitude and interest. CO1K4
(or)
(b). Define Sociological and explain society, culture, social acceptance. CO2K2
- 12 (a). Write a note on Sports authority of India and National coaching schemes. CO3K5
(or)
(b). Briefly Explain about the National Sports Awards for Sports person and Coaches. CO2K3

Incharge staff : Mrs.V. Bhuvaneshwari

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