



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)
Re-accredited with 'A++' Grade by NAAC. Recognized by UGC under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I – September 2024
I- SEMESTER

Class : I BPEd
Major : Physical Education

Time: 2 hours
Maximum Marks :60

23BPDC01- 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 federations.
4. Analyze the concepts and issues pertaining to physical education.
5. Formulate the principles, philosophy and concepts about physical education

Part-A

6x1=6

Choose the correct answer.

1. The main focus of physical Education is CO1K2
a. Motion b. Man in motion c. Achievements d. Fitness
2. Which one of the following concepts reflects the true nature of Modern physical Education CO2K2
a. Physical training b. Science of movement c. Movement Education d. Atheleticism
3. Physical Activity is basically a CO2K3
a. Social attribute b. Psychological tendency
c. Biological Necessity d. Philosophical Concept
4. The Gurukul education is an excellent combination of CO2K3
a. Athleticism and Yoga b. Warrior athleticism c. Spiritualism, scriptural studies and yoga
d. Athleticism, Spiritualism and intellectualism
5. The first modern Olympics was conducted in CO2K3
a. Athens b. Sparta c. Amsterdam d. Moscow
6. Which country is said to be pioneer in starting the recreation movements in the world? CO2K3
a. USA b. England c. China d. Germany

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Define Physical Education and explain its importance CO3K3
(or)
7. b. Write about the objectives of Physical Education CO3K3
8. a. How Physical Education is related with other subjects and explain it? CO3K3
(or)
8. b. Explain the theme and motto of Olympics 2024 CO3K3
9. a Explain NSNIS CO3K3
(or)
9. b. Write about SAI CO3K3

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Describe the difference between Physical culture, Physical Training and Physical Education
CO2K2
(or)
10. b. Briefly explain about the History of Physical Education in India
CO2K2
11. a. Physical Education as an Art and Science - Justify
CO2K2
(or)
11. b. Write about the recent trends in physical Education
CO2K2
12. a. Explain about the Contribution of Akhadas and Vijayamshals
CO2K2
13. a. Enumerate the role of YMCA and its Contribution towards Physical Education
CO2K2
(or)
13. b. Describe in detail about the significance of Paris Olympics 2024.
CO2K2

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