



Narainef

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. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – December 2023 I Semester

Class: I B.P.Ed.

Time : 3 Hours
Max. Marks : 100

23BPDC01 History, Principles and Foundation of Physical Education

Course Outcomes:

- CO1. Know the origin and development of Physical Education
- CO2. Apply the knowledge of Olympics in organizing various sport activities
- CO3. Distinguish the functional operations on National and International Olympic Federations
- CO4. Analyze the concepts and issues pertaining to Physical Education
- CO5. Formulate the principles, philosophy and concepts about Physical Education

Part A

10 x 1 = 10

Choose the Correct Answer

1. Physical activity is basically
a. Psychological tendency
b. Biological necessity
c. Social attribute
d. Philosophical concept
CO2 K2
2. Meaning of the word Philosophy is
a. Love of wisdom
b. Love of criticism
c. Love of knowledge
d. Love of God
CO1 K3
3. Who was the Father of Philosophy of Idealism?
a. Socrates
b. Plato
c. Aristotle
d. Galan
CO2 K2
4. In comparison to the Greeks, the Romans were more
a. Authoritarian
b. Utilitarian
c. Democratic
d. Aristocratic
CO3 K2
5. Which one of the following concepts reflects the true nature of Modern Physical Education
a. Physical training
b. Science of Movement
c. Movement Education
d. Athleticism
CO1 K3
6. Who started the Modern Olympics?
a. Baron Perier De Coubertin
b. The Greeks
c. Perier Charles
d. Zeus
CO2 K1
7. What is the meaning of the olympic motto? Citius Alitius Fortius.
a. progressive, faster, Stronger
b. Swifter, higher committed
c. Faster, Higher, stronger
d. Faster, quicker, swifter
CO1 K1
8. The modern Era was between _____ to _____ centuries.
a. Seventeenth to Eighteenth Centuries
b. Eight to Ninth Centuries
c. Fourteenth and Sixteenth Centuries
d. Fifth and Six centuries
CO1 K1
9. Which country hosted the first modern Olympics?
a. China
b. India
c. Egypt
d. Greece
CO2 K2
10. Physical learning is called _____ kinaesthetic.
a. Bodily
b. Mindly
c. Both a and b
d. Movements
CO3 K3

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Define Physical Education and the Scope of Physical Education. CO1 K1
(or)
- 11.b. Enumerate the difference between Physical Education and General Education. CO2 K2
- 12.a. Write a short note on Later Hindu period. CO2 K2
(or)
- 12.b. Describe the Physical Education after 1947. CO3 K3
- 13.a. Explain the Historical Development of Physical Education in Greece. CO3 K4
(or)
- 13.b. Discuss the duties and responsibilities of International Olympic Committee. (IOC) CO3 K2
- 14.a. Write a note on idealism. CO2 K1
(or)
- 14.b. Write a short note on role of the maintenance and promotions of fitness. CO2 K3
- 15.a. What are the Growth and Development of Physical Education? CO1 K4
(or)
- 15.b. What do you mean by learning and its types? CO2 K5

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain the objective of Physical Education and importance of Physical Education in present era. CO2 K1
(or)
- 16.b. Elucidate the difference between Physical training and physical culture. CO3 K3
- 17.a. Explain the medieval period and British period in the development of physical education in India. CO2 K3
(or)
- 17.b. Enumerate the duties and responsibilities of following: CO2 K3
a. All India Council of sports
b. SGFI
c. NSNIS
d. SAI
- 18.a. Write a detailed note on Physical Education in Sparta, Athens and Pan Hellenic festivals. CO3 K2
(or)
- 18.b. Discuss the contribution of Olympic Movement towards International understanding. CO2 K4
- 19.a. Explain the Indian Philosophies and culture. CO3 K3
(or)
- 19.b. Write a detailed note on the followings: Naturalism, Realism, Pragmatism and existentialism. CO3 K4
- 20.a. Describe the Nature and Significant of Principles in Physical Education. CO1 K4
(or)
- 20.b. Briefly explain the following: CO2 K4
a) Leadership
b) Social Integration
c) Social acceptance
d) Social recognition
