



**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University under Category 'A' by MHRD, Estd. w/s 3 of UGC Act 1956)  
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Bachelor's Degree Examination – November 2019**

**Semester I**

**Class : I UG**  
**Major : Physical Education**

**Time : 3 Hours**  
**Max.Marks: 100**

**18BPEC01 History and Foundation of Physical Education**

**Part A**

**Choose the Correct Answer**

**10 x 1 = 10**

1. Basket ball federation of India were formed in
  - a. 1960
  - b. 1920
  - c. 1950
  - d. 1930
2. The vedic age period were
  - a. 2000 – 1000 B.C
  - b. 6000 – 7000 B.C
  - c. 1000 – 3000 B.C
  - d. 1000 – 6000 B.C
3. The NCC was introduced in India in the year
  - a. 1948
  - b. 1958
  - c. 1968
  - d. 1978
4. The aim of physical education coincided with that of education in Sparta.
  - a. physical culture
  - b. military excellence
  - c. physical training
  - d. education
5. Physical culture aims to development of
  - a. body build
  - b. environment
  - c. society
  - d. education
6. The first modern Olympic games were held at
  - a. Greece
  - b. Sparta
  - c. Athens
  - d. Britain
7. In muscle strength women are weaker to
  - a. adult
  - b. men
  - c. kids
  - d. above 40 years
8. Chronological age is the
  - a. mental age
  - b. balanced and nutrition
  - c. physiological age
  - d. calander years & months
9. Physical training through
  - a. lecturers
  - b. discipline
  - c. drills and marching
  - d. mental and moral
10. In which body type are large and heavy muscles.
  - a. Asthenics
  - b. Athletic
  - c. Dyplastic
  - d. Pyknic

**Part – B**

**Answer the following**

**Answer should not exceed 400 words or two pages**

**5 x 6 = 30**

- 11.a. Write the national federation and association for any 7 games.  
(Or)
- 11.b. List down the Olympic discipline.
- 12.a. Enumerate physical and mental training.  
(Or)
- 12.b. Write the objectives of NCC.
- 13.a. Explain the epic age.  
(Or)
- 13.b. Functions of all India council of sports [AICSI].
- 14.a. Describe the positive transfer.  
(Or)
- 14.b. List down the social values and development of different traits and ideas.
- 15.a. Explain insinct practice theory.  
(Or)
- 15.b. Give short notes on anticipatory theory.

**Part – C**

**Answer the following**

**Answer should not exceed 800 words or four pages**

**5 x 12 = 60**

- 16.a. Explain the history of physical education in Sparta.  
(Or)
- 16.b. Explain the vedic period and historical age. [100 B.C]
- 17.a. Explain the Sheldon's classification of body types.  
(Or)
- 17.b. Explain the Krestchmer's classification.
- 18.a. Explain the physiological differences.  
(Or)
- 18.b. Write the age and sex differences.
- 19.a. Explain and benefits of N.S. NIS.  
(Or)
- 19.b. Enumerate the physical culture.
- 20.a. Write brief essay on national discipline Scheme. [N.D.SI]  
(Or)
- 20.b. List down the objectives of Indian Olympics.

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