

Class : I Bsc

Time : 2 hours

Max.marks : 60

18BPEC01 - History and Foundation of Physical Education

Course Outcome

1. Summarize the foundations of PE including the Historical and Philosophical aspects of the profession.
2. Describe perspectives 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

Circle the Correct Answer

5x1=5

- 1) Somato type of 7-1-1 is known as
a) Mesomorph b) Endomorph c) Ectomorph d) Pyknic CO1 KI
- 2) Who among the following is credited with the theory of recapitulation theory?
a) G.Stanley Hall b) Charles Darwin c) Herbert Spencer d) Lanmark CO2 K4
- 3) Virtually, physical education is an active form of
a) Exercise b) Aerobics c) Sports d) Recreation CO3 K3
- 4) Man and woman differ with each other in almost everything except?
a) Mental ability b) Movement time c) Transmission time d) Reaction time CO4 K4
- 5) The human heart is about the size of a/an
a) Average size of apple b) Hens egg c) Mans closed fist d) Big almond CO3 K2

PART - B

Answer the following in one or two sentence

5x2=10

- 6) Define Growth And Development? CO1 K1
- 7) What Is Anxiety? CO2 K3
- 8) Define chronological age? CO1 K1
- 9) Write any five awards related to sports? CO3 K2
- 10) Classify Sheldon's body types? CO4 K1

Answer the following (one page)

3x5=15

- 11) a). Explain stage of growth and development (or) CO1 K1
b). Illustrate Abdul kalam azad trophy CO4 K1
- 12) a). explain the schemes in SAI (or) CO4 K3
b). Define, Attention, Anxiety, Attitude and Aggression CO2 K1
- 13) a). Meaning and definition of Personality (or) CO1 K3
b). Describe Sheldon's classification CO2 K1

PART - D

Answer the following (six pages)

2x15=30

- 14) a). Briefly explain anatomical and physiological difference between male and female (or) CO4 K4
b). explain sports talent search scholar ship CO3K1
- 15) a). Explain different types of ages and their implication in physical education (or) CO4 K2
b) Explain theory of play CO1 K2

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