



Shanmugavalli

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 II – October 2024
I- SEMESTER

Class : I BPEd
Major : Physical Education

Time: 2 hours
Maximum Marks :60

24BPDC01- 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. Who was the famous Greek philosopher known for his contribution to sports and physical Education CO2 K2
a. Socrates b. Plato c. Aristotle d. Herodotus
2. In Sparta the more formal educational system was called as CO2 K1
a. Agoge b. Paidagogos c. Pankration d. Athleticism
3. What is the highest sports award conferred to sportsman to recognize lifetime achievement CO2 K4
a. Rastriya khel pratsahan puraskar b. Dhyanchand award c. Eklavya award
d. Padmabhusan award
4. When was the first Khelo India Programme held CO2 K3
a. 2012 b. 2014 c. 2016 d. 2018
5. In Athens Palestra is a place for CO2 K3
a. Music school b. Wrestling school c. Gymnastic school d. Arithmetic school
6. Which branch of philosophy deals with knowledge, structure method and validity? CO2 K3
a. Logic b. Aesthetics c. Metaphysics d. Epistemology

Part-B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Write about ancient Olympics CO3 K3
(or)
7. b. Describe about modern Olympics CO3 K3
8. a. List and explain about Pan Hellenic Festivals CO4 K3
(or)
8. b. Explain the Role of International Olympic Committee CO3 K3
9. a. Explain about the different aspects of philosophy CO2 K3
(or)
9. b. Write about the need for philosophy in physical education CO2 K3

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Describe the history of physical education in Sparta CO3 K2
(or)
10. b. Briefly explain about the History of Physical Education in Athens CO2 K2
11. a. Explain about the Fitness and wellness movement in contemporary perspective. CO2 K3
(or)
11. b. Write about the different philosophies in physical Education CO2 K2
12. a. Explain about the role of sport in the maintenance and promotion of fitness CO4 K2
(or)
12. b. Enumerate the principles in physical education CO3 K2

No. of Copies: 35

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