

18BPPDC01 History, Principles and Foundation of Physical Education

Course Outcomes:

1. Know the origin and development of Physical Education
2. Apply the knowledge of Olympism in organizing various sport activities.
3. Distinguish the functional operations on National and International Olympic Federations.
4. Analyze the concepts and issues pertaining to Physical Education.
5. Formulate the principles, philosophy and concepts about Physical Education

PART – A

Circle the Correct Answer

5x1=5

1. The Indian Physical activity are promoted and practiced is known as
(a) Vyayamshalas (b) Gymkhanas (c) Vyayamprasarak Mandals (d) Parnashalals
CO 1 K2
2. The term Physical Education refers to
(a) Strengthening of the body (b) The development of Physical, Mental and spiritual energy
(c) Good physique (d) To gain the knowledge of Physical Education
CO2 K1
3. The development of body beautiful through the development of shapely muscles is CO3 K3
(a) Physical training (b) Physical culture
(c) Drills (d) Gymnastics
CO4 K2
4. Education leads to the modification of
(a) Attitude (b) Behaviour (c) Life (d) Interest
CO5 K3
5. Agooge was the name of system in Greece related to
(a) Education and Military training (b) Dance (c) Music (d) Recreation

PART - B

Answer the following in one or two sentence

5x2=10

6. What is physical training?
7. What is meant by physical culture?
8. Define : Health Education
9. What is physical culture?
10. What is didascalium?

CO2 K1

CO1 K2

CO2 K1

CO3 K3

CO4 K4

PART - C

Answer the following (one page)

3x5=15

11. (a) What are the aims and objectives of Physical Education? (or)
(b) Explain the relationship of Physical Education with general education
12. (a) Write about SAI (Or)
(b) Describe about SGFI
13. (a) Discuss in detail about the contributions of akhadas and vijayamshalas (or)
(b) Write about All India council of sports

CO1 K1

CO2 K3

CO4 K4

CO2 K6

CO3 K2

CO4 K1

PART - D

Answer the following (six pages)

2x15=30

14. (a) Enumerate how Physical Education is related with other subjects
(b) Explain the origin of Physical Education during Vedic period.
15. (a) Describe in detail about the history of Physical Education in sparta (or)
(b) Explain in detail about the importance of Physical Education in present era

CO2 K3

CO3 K2

CO3 K3

CO1 K4