

**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore – 641 043**

Bachelor of Physical Education Degree Examination – November 2018
I Semester

Class : I B.P.Ed.

Time: 3 Hrs
Max. Marks: 100

18BPDC01 History, Principles and Foundation of Physical Education

Part – A

10 X 1 = 10

Choose the Correct Answer

1. The mental, intellectual, emotional and social aspects of a child's development are squarely dependent on
 - a. Physical activity
 - b. Physical development
 - c. Physical Education
 - d. Physical Existence
2. The Olympic motto CITIUS means
 - a. Stronger
 - b. Higher
 - c. Faster
 - d. Weaker
3. NSNIS was established in
 - a. 1957
 - b. 1961
 - c. 1965
 - d. 1952
4. The first Modern Olympic Games was held in
 - a. 1896
 - b. 1986
 - c. 1786
 - d. 1900
5. The major aim of Physical Education is
 - a. Child's optimal Physical development
 - b. Programme of activity and sports for all
 - c. All round development of the individual
 - d. Complete removal of boredom of the class room activity
6. The Father of Modern Olympic Games is
 - a. Theodosius
 - b. Coubertin
 - c. Barbarian
 - d. Hitler
7. "Physical Education is an integral part of total education process", said by
 - a. Cassidy
 - b. C.C. Cowell
 - c. J.P. Thomas
 - d. Charles A Bucher
8. The expansion of IOC is
 - a. Indian Olympic committee
 - b. International Olympic committee
 - c. Indian Olympic counsel
 - d. International Olympic counsel
9. In Athens PALAESTRA was a
 - a. Educational institute
 - b. schools of gymnastics
 - c. Music school
 - d. drama school
10. The expansion of SAI is
 - a. Sports Authority of India
 - b. Sports Association of India
 - c. Sub Authority of India
 - d. International sports Association

Part – B

5 X 6 = 30

Answer the following questions

Answer should not exceed 400 words or two pages

11. a. Briefly explain the aims and objectives of physical education.
(or)
11. b. Write the relationship of physical education with general education.
12. a. Write the contribution of Akhada and Vijayamshals.
(or)
12. b. Discuss the development of physical education in Indus valley civilization Period.
13. a. Briefly write about physical education in Sparta.
(or)
13. b. Short note on school in Athens.
14. a. Discuss about sports for all.
(or)
14. b. Write about the need and importance of fitness and wellness.
15. a. List out the Kretschmer's classification of body types.
(or)
15. b. Short notes on social acceptance and recognition of sports.

Part – C

5 X 12 = 60

Answer the following questions

Answer should not exceed 800 words or four pages

16. a. Explain the importance of physical education in present era.
(or)
16. b. Discuss about the physical education is an art and science.
17. a. Short notes on SAI, SGFI and AICS.
(or)
17. b. Discuss the development of physical education at Medieval period and early Hindu period.
18. a. Write about the physical education in Athens.
(or)
18. b. Discuss the physical education in Greece.
19. a. Explain about various philosophies with suitable physical education examples.
(or)
19. b. Write the need for philosophy in physical education.
20. a. Discuss about types of Learning.
(or)
20. b. Explain about the various stages of growth and development.
