



Meeraj

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. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Arrear Examination – May 2024
I Semester

Batch : 2023
Major : B.P.Ed.

Time : 3 Hours
Max. Marks : 100

23BPDC01 History, Principles and Foundation of Physical Education

Course Outcomes:

CO1: Know the origin and development of physical education

CO2: Apply the knowledge of Olympics in organizing various sport activities

CO3: Distinguish the functional operations on national and international federations

CO4: Analyze the concepts and issues pertaining to physical education

CO5: Formulate the principles, philosophy and concepts about physical education

Part A

10 x 1 = 10

Choose the Correct Answer

1. Development of various organic systems are CO1 K2
a. Movement development b. Neuromuscular development
c. Physical Development d. Social Development
2. Who was the father of philosophy of idealism? CO2 K2
a. Socrates b. Plato c. Aristotle d. Galen
3. Sports Authority of India was formed in the year? CO2 K3
a. 1983 b. 1984 c. 1985 d. 1986
4. The principles of physical training were first prescribed by CO2 K3
a. Galen b. Plato c. Rousseau d. Aristotle
5. Didascaleum' in the ancient Greece was famous for CO2 K3
a. Aerobics b. dance c. Music d. weight training
6. When was the YMCA College of Physical Education Chennai formed? CO2 K3
a. 1914 b. 1896 c. 1920 d. 1924
7. Which of the following terms denotes the 'Toughening of body' CO2 K2
as its major objective?
a. Physical culture b. Play c. Drill d. Physical training
8. Which of the following is a laws of learning? CO2 K3
a. Law of readiness b. Law of exercise
c. Law of effect d. Law of behavior
9. Human psychology is confined to the study of CO3 K2
a. Behaviour b. Mind c. Soul d. Relationship
10. Which country hosted the first modern Olympics? CO3 K3
a. China b. India c. Egypt d. Greece

Part B**5 x 6 = 30****Answer ALL questions****Each answer should not exceed 400 words or two pages**

- 11.a. Define physical education and explain its scope? CO3 K3
(or)
11. b. Discuss physical education as an art and science CO3 K3
- 12 .a. Explain the functions of SAI CO3 K3
(or)
- 12.b. write about the nature and significance of principles in Physical Education. CO3 K3
- 13.a. Describe about Types of learning? CO3 K3
(or)
- 13.b. Write about Anthropometric Differences CO3 K3
14. a. Briefly explain about the reciprocal innervation and athletic heart. CO2 K1
(or)
14. b. Discuss about the different body types CO2 K2
15. a. Define fitness and wellness and explain its contemporary perspectives. CO2 K3
(or)
15. b. Write short notes on growth and development. CO2 K2

Part C**5 x 12 = 60****Answer ALL questions****Each answer should not exceed 800 words or four pages**

- 16.a. Explain in detail about the Nature and significance of principles in physical education? CO1 K2
(or)
- 16.b. Explain the different aspects of philosophy in Physical Education. CO2 K3
- 17.a. Explain about the Emotions in Physical Education. CO2 K2
(or)
- 17.b. Write about the History of Physical Education in Sparta. CO2 K4
- 18.a. Define Psychology and explain Learning curve and Laws of learning. CO1 K2
(or)
- 18.b. Describe in detail about the biological Growth and development. CO2 K2
- 19.a. Enumerate the different philosophies in physical education. CO2 K3
(or)
- 19.b. Describe in detail about the leadership qualities, social integration and Social recognition CO3 K3
- 20.a. Discuss in detail about the laws of learning and learning curve. CO4 K3
(or)
- 20.b. Enumerate the history of physical education in India CO2 K3
