



Gumball

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 [now MoE]

Re-accredited with A++ Grade by NAAC. CGPA 3.65 /4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – November 2025 I Semester

Class: I 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 sports activities

CO3: Distinguish the Functional Operations on National and International federations

CO4: Analyze the Concept and issues pertaining to physical education

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

Part A

10 x 1 = 10

Choose the Correct Answer

1. The main aim of physical education is to: CO1 K1
 a. Develop only physical fitness
 b. Promote the holistic development of an individual
 c. Focus on competitive sports only
 d. Improve academic learning exclusively
2. Which of the following is NOT a misconception about physical education? CO5 K2
 a. It is only about games and sports
 b. It neglects mental development
 c. It helps in moral and social development
 d. It does not contribute to career building
3. Which one of the institutions responsible for training physical education teachers in India is: CO2 K2
 a. SGFI b. NSNIS c. YMCA d. AIU
4. Which period in Indian history is associated with the emergence of Akhadas and Vyayamshalas? CO4 K1
 a. Vedic period b. Later Hindu period
 c. Medieval period d. British period
5. Which city-state in Greece emphasised military training through physical education? CO5 K2
 a. Athens b. Sparta c. Olympia d. Delphi
6. The revival of the Modern Olympic Games took place in: CO3 K1
 a. 1896, Athens b. 1900, Paris c. 1924, Paris d. 1936, Berlin
7. Pragmatism as a philosophy in physical education emphasises: CO3 K2
 a. Absolute truth b. Practical experiences and learning by doing
 c. Predetermined ideals d. Spiritual realisation
8. The concept of "Sports for All" primarily aims at: CO5 K1
 a. Identifying elite athletes
 b. Mass participation for fitness and wellness
 c. Encouraging only youth in sports
 d. Promoting commercial sports
9. Which law of learning states that responses followed by satisfaction are more likely to be repeated? CO4 K2
 a. Law of Exercise b. Law of Effect c. Law of Readiness d. Law of Recency
10. A body type characterised by a long and slender build is known as: CO4 K1
 a. Endomorph b. Mesomorph c. Ectomorph d. Isomorph

Synops
Synopsis

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11. a. Explain the aims and objectives of physical education. CO1 K2
(or)
11. b. Differentiate between physical culture, physical training, and physical education. CO1 K2
12. a. Discuss the contributions of the YMCA towards physical education in India. 1920 CO2 K3
(or)
12. b. Explain the role of NSNIS in promoting sports and physical education. 1961 CO2 K3
13. a. Describe the significance of Pan-Hellenic festivals in Greece. CO3 K4
(or)
13. b. Explain the role of the International Olympic Committee in promoting international understanding. 1925 CO3 K4
14. a. Explain the principles of Naturalism and Idealism in physical education. CO4 K5
(or)
14. b. Evaluate the importance of philosophy in physical education. CO4 K5
15. a. Explain the role of social integration in physical education. CO5 K6
(or)
15. b. Discuss the influence of age and gender characteristics on physical education. CO5 K6

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

16. a. Critically analyse the importance of physical education in the present era. CO1 K3
(or)
16. b. Examine the relationship between physical education and general education with examples. CO1 K3
17. a. Trace the development of physical education during the Vedic and Later Hindu period in India. CO2 K4
(or)
17. b. Discuss the contributions of Akhadas, Vyayamshalas, and YMCA to Indian physical education. CO2 K4
18. a. Compare the systems of physical education in Athens and Sparta. CO3 K5
(or)
18. b. Discuss the historical development of the Ancient and Modern Olympics and their impact on society. CO3 K5
19. a. Analyse the philosophies of Pragmatism, Humanism, and Existentialism in the context of physical education. CO4 K6
(or)
19. b. Critically evaluate the role of "Sports for All" in promoting fitness and wellness. CO4 K6
20. a. Explain the biological, psychological, and sociological principles of physical education with examples. CO5 K6
(or)
20. b. Discuss how growth, development, and anthropometric differences influence physical education programs. CO5 K6
