



*Mamureef*

**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  
Goimbatore – 641 043, Tamil Nadu, India

**Bachelor's Degree Examination - December 2023**  
**I Semester**

**Class : I UG**

**Time : 3 Hours**

**Major : Physical Education**

**Max. Marks: 100**

**23BPEC01 History and Foundation of Physical Education**

**Course Outcomes:**

- CO 1. Able to compare the relationship between general education and physical education.
- CO 2. Able to identify and relate with the History of Physical Education.
- CO 3. Able to comprehend the relationship between Philosophy, Education and Physical
- CO 4. Able to identify the works of Philosophers of Education and Physical Education.
- CO 5. Know the recent developments and academic foundation of Physical Education.

**Part-A**

**10X1=10**

**Choose the Correct Answer**

1. The primary goal of physical education is CO1K1
  - a. To improve academic performance
  - b. To develop physical fitness and skills
  - c. To promote artistic talents
  - d. To enhance social skills
2. What is physical education considered in terms of its nature? CO2K2
  - a. An exact science
  - b. An abstract concept
  - c. Both an art and a science
  - d. An exclusively artistic discipline
3. In which Olympic Games concept of Olympic Torch Relay was introduced? CO3K3
  - a. Paris 1900
  - b. London 1908
  - c. Berlin 1936
  - d. Tokyo 1964
4. Indian Olympic association was formed in the year CO2K1
  - a. 1927
  - b. 1947
  - c. 1924
  - d. 1920
5. Which philosophical foundation of physical education emphasizes the importance of practical experiences and problem-solving? CO2K2
  - a. Idealism
  - b. Pragmatism
  - c. Naturalism
  - d. Realism
6. In the context of fitness and wellness movement, which component focuses on developing physical abilities such as strength, endurance, and flexibility? CO3K2
  - a. Psychological wellness
  - b. Social wellness
  - c. Physical fitness
  - d. Emotional wellness
7. Which age is determined by signs of puberty? CO2K2
  - a. Chronological age
  - b. Anatomical age
  - c. Physiological age
  - d. Mental age
8. \_\_\_\_\_ is often emphasized in physical education to improve performance and motivation. CO3K3
  - a. Anxiety
  - b. Fear of failure
  - c. Self-confidence
  - d. Physical strength
9. Which of the following is a well-known SAI training centre for athletes in India? CO2K2
  - a. National Stadium
  - b. Olympic Village
  - c. Jawaharlal Nehru Stadium
  - d. National Institute of Sports
10. The Arjuna Award was instituted in the year: CO3K3
  - a. 1955
  - b. 1962
  - c. 1972
  - d. 1980

**Part B**

**Answer all questions**

**5X6=30**

**Each answer should not exceed 400 words or two pages**

- 11.a. Define physical education and its objectives. CO2K3  
(or)
- 11.b. What are the misconceptions about physical education? CO3K2
- 12.a. Write short notes on the vedic period(2500BC-600BC). CO2K2  
(or)
- 12.b. What is YMCA and its contributions? CO1K1  
(or)
- 13.a. How do PE programs adjust for an aging population in terms of fitness and wellness? CO2K2  
(or)
- 13.b. Define importance of "sports for all" in maintaining and promoting fitness through physical activities. CO3K3
- 14.a. Write a short note on leadership in Physical Education. CO2K2  
(or)
- 14.b. Describe different body types-Explain. CO3K3
- 15.a. Write a short notes on SAI and its function. CO2K2  
(or)
- 15.b. Explain the relationship between the national sports organization and a national coaching scheme. CO3K4

**Part C**

**Answer all questions**

**5X12=60**

**Each answer should not exceed 800 words or four pages**

- 16.a. Explain the importance of physical Education in present era. CO3K4  
(or)
- 16.b. Explain relationship between physical education and general education in detail. CO3K2
- 17.a. How was physical education developed in India after independence? Explain. CO2K1  
(or)
- 17.b. Discuss the role of the International Olympic Committee (IOC) in shaping modern Olympic values and policies. CO3K4
- 18.a. Explain the concept of fitness and wellness movement, contemporary perspective. CO2K3  
(or)
- 18.b. Brief an overview of any two philosophical foundations. CO2K2
- 19.a. Explain the growth & development and its stages. CO3K3  
(or)
- 19.b. Narrate the concept of society, sports, culture, social acceptance and recognition. CO4K5
- 20.a. Explain the national awards for sports person and coaches in-detail. CO3K3  
(or)
- 20.b. Explain about the sports talent search scholarship. CO2K3