



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category A by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – November 2019

Class : I B.P.Ed

Time: 3 hours

Max. Marks: 100

18BPDC01 History, Principles and Foundation of Physical Education

Part A

10 X 1 = 10

Choose the Correct Answer

1. The sum of those experiences which come to the individual through movement is
 - a. Education
 - b. Movement Education
 - c. Physical Education
 - d. Special Education
2. To provide skilled leadership and adequate facilities which will afford an opportunity for the individual or group to act in situations that are the physically wholesome mentally stimulating and satisfying and socially sound
 - a. Objective of Physical Education
 - b. Aim of Physical Education
 - c. Physical Culture
 - d. Physical Training
3. Physical education is the sum of the changes in the individual caused by experiences centering in motor activity
 - a. J.B. Nash
 - b. Cassidy
 - c. C.C. Cowell
 - d. H.C. Buck
4. Yogasana and suryanamaskara were originated in
 - a. early hindu period
 - b. Later hindu period
 - c. medieval period
 - d. vedic period
5. National institute of sports (NIS) was started in the year
 - a. 1961
 - b. 1962
 - c. 1963
 - d. 1964
6. Wrestling was popular in ancient
 - a. Rome
 - b. Greece
 - c. Sparta
 - d. Athens
7. The young men and women received intensive physical education with young boys living in barracks where they were not only taught physical but also survival skills in
 - a. Rome
 - b. Greece
 - c. Sparta
 - d. Athens
8. If a philosophy emphasis experience is a key to life is call it as
 - a. Idealism
 - b. Naturalism
 - c. Pragmatism
 - d. Existentialism
9. If each individual for making decisions that will lead not only to the prevention of diseases that to attain high level of health is known as
 - a. fitness
 - b. motor fitness
 - c. health
 - d. wellness
10. The process strength through whole body increases in size and shape is known as
 - a. improvement
 - b. development
 - c. growth
 - d. change

Part B

5 X 6 = 30

Answer the following questions

Answer should not exceed 400 words or two pages

11. a. Explain the objectives of physical education.
11. b. Describe the Indus Valley Civilization Period (3250 BC - 2500 BC).
(or)
12. a. Write about SGFI.
(or)
12. b. Discuss the development of physical education in early Hindu period.
13. a. Write short notes on All India Council of Sports.
(or)
13. b. Explain about the system of physical education in Sparta.
14. a. State the need for philosophy in physical education.
(or)
14. b. Write about realism and physical education.
15. a. Illustrate the importance of physical education.
(or)
15. b. Write notes on emotions and sentiments.

Part C

5 X 12 = 60

Answer the following questions

Answer should not exceed 800 words or four pages

16. a. State the relationship of physical education with general education.
(or)
16. b. Write about the misconceptions about physical education.
17. a. State the later hindu period.
(or)
17. b. Write about NSNIS.
18. a. Write about the physical education in Athens.
(or)
18. b. Discuss the historical development of physical education in Greece.
19. a. Explain the humanism and Indian philosophy and culture.
(or)
19. b. Explain the fitness and wellness movement in contemporary respective.
20. a. Explain the body types.
(or)
20. b. Write notes on social acceptance and leadership.
