



K. Sambath

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 - 641043, Tamil Nadu, India

Bachelor's Degree Examination - November 2025
I Semester

Class : I UG
Major : Physical Education

Time : 3 Hours
Max. Marks : 100

23BPEC01 History and Foundation of Physical Education

Course Outcomes:

- CO1. Able to compare the relationship between general education and physical education.
- CO2. Able to identify and relate with the History of Physical Education.
- CO3. Able to comprehend the relationship between Philosophy, Education and Physical
- CO4. Able to identify the works of Philosophers of Education and Physical Education.
- CO5. Know the recent developments and academic foundation of Physical Education.

Part A

10 x 1 = 10

Choose the Correct Answer

1. The main scope of Physical Education is: CO1 K1
 - a. Only to play games
 - b. Development of physical, mental, social, & emotional aspects
 - c. To make a person strong only
 - d. All of the above
2. Which of the following is NOT an objective of Physical Education? CO2 K2
 - a. Physical development
 - b. Emotional development
 - c. Social development
 - d. Economic development
3. The Early Hindu Period of Physical Education in India is from: CO2 K2
 - a. 320 AD – 1000 AD
 - b. 2500 BC – 600 BC
 - c. 600 BC – 320 AD
 - d. 1947 – Present
4. The YMCA College of Physical Education in India was established in: CO1 K3
 - a. 1920, Madras (Chennai)
 - b. 1947, Delhi
 - c. 1900, Mumbai
 - d. 1950, Kolkata
5. The philosophy that believes in "learning by doing" is: CO2 K2
 - a. Realism
 - b. Pragmatism
 - c. Idealism
 - d. Naturalism
6. Which of the following is not a component of wellness? CO1 K3
 - a. Physical wellness
 - b. Emotional wellness
 - c. Social wellness
 - d. Economic wealth
7. According to Sheldon's classification, an ectomorphic body type is: CO2 K2
 - a. Fat and soft
 - b. Tall and thin
 - c. Muscular and strong
 - d. Round and bulky
8. Which of the following is a cognitive factor? CO1 K2
 - a. Memory
 - b. Anger
 - c. Interest
 - d. Sentiment
9. The National Institute of Sports (NIS) is located at: CO2 K2
 - a. Delhi
 - b. Patiala
 - c. Mumbai
 - d. Chennai
10. Sports Authority of India (SAI) was established in: CO3 K3
 - a. 1956
 - b. 1961
 - c. 1984
 - d. 1990

Part B
Answer ALL questions
Each answer should not exceed 400 words or two pages

5 x 6 = 30

- 11.a. Define Physical Education and explain its meaning. CO2 K2
(or)
- 11.b. Explain the importance of Physical Education in the present era. CO3 K2
- 12.a. Differentiate between the Early Hindu Period and Later Hindu Period in Physical Education. CO1 K2
(or)
- 12.b. Explain the status of Physical Education during the Medieval Period. CO2 K2
- 13.a. Explain Idealism in Physical Education. CO2 K3
(or)
- 13.b. What is Naturalism in Physical Education? CO3 K3
- 14.a. Differentiate between growth and development. CO3 K4
(or)
- 14.b. Explain the relationship among society, culture, and sports. CO3 K4
- 15.a. Write a short note on National Cadet Corps (NCC). CO2 K2
(or)
- 15.b. Write a short note on any two national awards for sportspersons and coaches. CO3 K3

Part C
Answer ALL questions
Each answer should not exceed 800 words or four pages

5 x 12 = 60

- 16.a. Discuss the aims and objectives of Physical Education in detail. CO2 K2
(or)
- 16.b. What are the misconceptions about Physical Education? Explain with examples. CO1 K2
- 17.a. Explain the educational and cultural values of the Olympic Movement. CO3 K3
(or)
- 17.b. Describe the growth of Physical Education in India after 1947. CO1 K2
- 18.a. Explain the four major philosophical foundations of Physical Education: Idealism, Pragmatism, Naturalism, and Realism. CO4 K1
(or)
- 18.b. Evaluate the concept of "Sports for All" and its role in the promotion of fitness. CO4 K2
- 19.a. Discuss the role of leadership in Physical Education. What qualities should a good leader possess? CO3 K2
(or)
- 19.b. Give practical suggestions from psychology for improving performance in Physical Education and sports. CO4 K2
- 20.a. Describe the role and importance of the National Sports Organization (NSO). CO4 K2
(or)
- 20.b. Discuss the National Coaching Scheme and its significance in Indian sports. CO4 K2
