

**Avinashilingam Institute for Home Science and Higher Education for women  
Coimbatore – 641 043  
Continuous Internal Assessment Test II – February 2021**

Class : I BSc

Time : 2 Hrs.

Major : Bachelor of Physical Education

Max Marks: 30

**18BPEC01 - History and Foundation of Physical Education**

**Course Outcome**

1. Summarize the foundations of PE including the Historical and Philosophical aspects of the profession.
2. Describe perspectives of physical education issues and legislation in the society.
3. Resourceful person in various sports activities and Explore various career possibilities in the profession
4. Develop an inquiring mind which tries to see the environment, examine the own ability and stimulate curiosity.
5. Create Psychological and Sociological aspects of the profession

**PART – A**

**Choose the Correct Answer**

**6x1=6**

- |  |        |
|--|--------|
| 1. Arjuna award was introduced in the year   | CO1 K1 |
| a. 1984                      b. 1985                      c. 1961                      d. 1962                                     |        |
| 2. Who won the Khel Ratna award for Paralympic High Jump in 2020   | CO1 K1 |
| a. Rajinder Singh Rahelu   b.Nagarajegowda   c. Mariyappan Thangavelu   d. Devendra hajharia                                       |        |
| 3. The Maulana Abul Kamal Azad Trophy is awarded to  | CO1 K1 |
| a. Club                      b. School                      c. The university                      d. Association                  |        |
| 4. Play is the result of   | CO1 K1 |
| a. Surplus Energy                      b. Energy Expenditure                      c.Implication                      d.Integration |        |
| 5. The Somato type rating for Endomorph  | CO3 K1 |
| a. 7-1-1                      b.7-1-7                      c.7-7-1                      d.1-7-7                                    |        |
| 6.The physical traits are associated with an Ectomorph   | CO3 K1 |
| a.Large Head                      b.Muscular Body                      c.Fat in the Arms                      d.Thin Leg           |        |

**PART – B**

**Answer the following**

**2x6=12**

- |  |        |
|--|--------|
| 7) Classify Kretchmer body types           | CO1 K1 |
| 8) Define Growth And Development           | CO1 K1 |
| 9) Write any five awards related to sports | CO3 K2 |
| 10) Classify Sheldon's body types          | CO4 K1 |

**PART - C**

**Answer the following**

**1x12=12**

- |   |        |
|---|--------|
| 11) Enumerate the Dimension and various factors affecting the Personality | CO1 K3 |
| 12) Describe Sheldon's and Kretchmer's classification of body types       | CO2 K1 |