



Chandrasekhar

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
Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – November 2024 I Semester

Class: I B.P.Ed.

Time : 3 Hours
Max. Marks : 100

23BPDC01 History, Principles and Foundation of Physical Education

Course Outcomes:

- CO1: Origin and development of physical education
- CO2: Apply Knowledge of Olympics in organising various sports activities
- CO3: Functional Operations on National & International federations
- CO4: Concept and issues pertaining to physical education
- CO5: formulate the principles, philosophy & concept about physical education

Part A

10 x 1 = 10

Choose the Correct Answer

1. Which one of the following cannot be separated from the educational process
a. Education b. Physical Education c. Sports Skills d. Playing CO1 K3
2. Which one of the following is not scope of physical education?
a. Basic stance b. Exercise c. Recreation d. Reading CO1 K2
3. The activities like Javelin through, sword fight, ride on horse are common activities of the people during
a. Medieval period b. Hindu period c. Vedic period d. Indus valley period CO2 K1
4. National Physical Efficiency Drive consist of tests items _____ for men and _____ for women.
a. 2 & 4 b. 3 & 2 c. 4 & 3 d. 4 & 2 CO2 K2
5. Coeinth, Delphi and Argolis were the great source of inspirations for sports and performance for
a. Romans b. Europeans c. Greece d. Asia CO3 K2
6. International Olympic committee cooperates with public to play sports at the service of the humanity thereby to _____ is the role of the IOC
a. Promote sports b. Fair play c. Collaboration d. Organise CO3 K4
7. Man creates his own value in course of activity is termed as
a. Humanism b. Idealism c. Pragmatism d. Naturalism CO4 K3
8. Indian Philosophy of education gives importance to
a. Universal wellbeing b. Humanhood & Sports c. Spirituality d. Equality CO4 K4
9. Father of Idealism is
a. Benjamin Bloom b. John Dewey c. Plato d. Aristotle CO5 K2
10. Student of physical education has to acquire the quality of understanding relationship of physical education with society through
a. Biological principles b. Psychological principles
c. sociological d. Physiological CO5 K3

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Explain the objective of physical education. CO1 K2
(or)
- 11.b. Explain the difference between Physical culture and physical training. CO1 K6
- 12.a. Write a note contribution by School games federation and National institute of sports towards development of physical education. CO2 K6
(or)
- 12.b. Explain the development of physical education during British period. CO2 K4
- 13.a. Enumerate the physical education programme in Greece during ancient time. CO3 K5
(or)
- 13.b. Explain the general functions of Indian Olympic committee. CO3 K2
- 14.a. Write the philosophical needs of physical education. CO4 K4
(or)
- 14.b. Analyse the "sports for all" programme introduced by the Government of India. CO4 K6
- 15.a. Write any one of the principles of Physical education in detail. CO5 K3
(or)
- 15.b. Explain the law of learning with suitable example. CO5 K4

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Discuss the misconception about physical education programme among the people of India. CO1 K5
(or)
- 16.b. Elaborate on need and importance of physical programme and sports in the schools. CO1 K4
- 17.a. Enumerate the development of physical education in India after independence. CO2 K5
(or)
- 17.b. Summarise the role of central administrative committee for the development of physical education. CO2 K6
- 18.a. Explain the contribution of Olympic movement at international level. CO3 K3
(or)
- 18.b. Describe the role of International Olympic committee during Olympics. CO3 K2
- 19.a. Illustrate the philosophy of Aristotle. CO4 K4
(or)
- 19.b. Prepare a fitness and wellness programme for the school level students. CO4 K6
- 20.a. Explain the body types according to Shelton with suitable example. CO5 K4
(or)
- 20.b. Write about the role of physical education teacher in integrating the society through physical education programme. CO5 K6
