



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. Recognized by UGC under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II – October - 2025
I- SEMESTER

Class : I BPEd
Major : Physical Education

Time: 2 hours
Maximum Marks :60

23BPDC01- History, Principles and Foundation of Physical Education

Course Outcomes:

1. Know the origin and development of physical education
2. Apply the knowledge of Olympics in organizing various sport activities.
3. Distinguish the functional operations on national and international federations.
4. Analyze the concepts and issues pertaining to physical education.
5. Formulate the principles, philosophy and concepts about physical education

Part-A

6x1=6

Choose the correct answer

1. Which state is known for its rigorous and controlled by military training for boys and girls?
a. Athens b. Cornith c. Sparta d. Olympia **CO1K2**
2. The ancient Olympic Games were held in honor of which Greek deity?
a. Apollo b. Zeus **CO2K2**
c. Ares d. Poseidon
3. What was the primary prize awarded to winners in the ancient Olympic games?
a. Gold, Silver and Bronze medals b. Money and Land **CO2K3**
c. A wreath of leaves d. A hero's welcome
4. Who is said to be the father of philosophy of idealism?
a. Socrates b. Plato **CO2K3**
c. Aristotle d. Galen
5. The ability to perform one's maximum effort in short period of time is
a. Power b. Maximum strength **CO3K3**
c. Dynamic strength d. Endurance
6. Performing daily chores without any fatigue is
a. Mental Wellness b. Physical Fitness c. Body composition **CO3K3**
d. Dynamic ability

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

- 7.a. Explain in detail about the International Olympic Committee **CO3K3**
(or)
7. b. Write about Indian Olympic Association **CO3K3**
8. a. Describe about Ancient Olympic Games **CO3K3**
(or)
8. b. Write about Modern Olympic games **CO3K3**

9. a What are the different aspects of Philosophy (or) CO3K3
9. b. Write about need for philosophy in physical education CO2K3

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Describe the history of physical education in Sparta CO2K3
(or)
10. b. Briefly explain about the History of Physical Education in Athens CO2K2
11. a. Define philosophy and explain different philosophies in physical education CO2K3
(or)
11. b. Enumerate the fitness and wellness movement in contemporary perspective CO2K3
12. a. Explain about the role of sports in maintenance and promotion of fitness in sports. CO2K3
12. b. Enumerate the biological growth and development CO2K2

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