



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 - 641 043, Tamil Nadu, India

**Bachelor's Degree Arrear Examination – April 2026
I Semester**

**Batch : 2025 Arrear
Major : Physical Education**

**Time: 3 Hours
Max. Marks: 100**

23BPEC01- History and foundation of Physical Educations

Course Outcomes:

- CO1: Summarize the foundation of PE including the Historical and Philosophical aspects of the profession.
CO2: Describe perspective of physical education issues and legislation in the society.
CO3: Resourceful person in various sports activities and explore various carrier possibilities in the profession.
CO4: Develop an inquiring mind which tries to see the environment examine the own ability and stimulate curiosity.
CO5: Create psychological and sociological aspects of the profession.

Part - A

10X1=10

Choose the correct answer

- Who was the famous Greek philosopher known for his contribution to sports and physical Education
a. Socrates b. Plato c. Aristotle d. Herodicus CO2K3
- In Sparta the more formal educational system was called as
a. Agoge b. Paidogogue c. Pankration d. Atheleticism CO2K1
- What is the highest sports award confirmed to sportsman to recognize lifetime achievement
a. Rastriya khel puraskar award b. Dhayanchand award CO2K2
c. Eklaviya award d. Padmabhusan award
- When was the first Khelo India Programme held
a. 2012 b. 2014 c. 2016 d. 2018 CO2K3
- In Athens Palestra is a place for
a. Music school b. Wrestling c. Gymnastic school d. Arithmetic school CO2K3
- Who is the Father of physical Education CO4K1
a. Harry Crowe Buck b. Auguste comte
c. Friedrich Ludwig Jahn d. Socrates of Athens
- Which organization was form in The year 1954 to oversee physical education and sports in India
a. All India Council of Sports b. Indian Olympic Association CO1K2
c. Sports Authority of India d. National Institute of Sports
- Who is considered the father of the modern Olympic Games? CO4K1
a. Michael Phelps b. Jesse Owens
c. Pierre de Coubertin d. Usain Bolt
- In which year were the first modern Olympic Games held CO3K3
a. 1892 b. 1896
c. 1912 d. 1900
- The word philosophy derived from-Greek word Philein Sophia which means CO1K2
a. love and Play b. Love and Knowledge
c. Love and Reasoning d. Love of wisdom

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- (a). Write a short note on meaning and definition of physical education. CO2K1
(or)
(b). Explain Misconceptions about physical education. CO3K4

- 12 (a).Short notes on vedic period and medieval period. CO1K2
 (or)
 12 (b).Explain relationship of physical education with general education. CO2K3
 13 (a). Describe about the components of physical fitness. CO1K3
 (or)
 13(b).Describe about the status of current Paris Olympics . CO2K4
 14(a). Explain about Aims and objectives of physical education. CO2K1
 (or)
 14(b). Write about need and important of physical education. CO1K3
 15 (a). List out any three historical development of physical education in India. CO1K4
 (or)
 15(b). Describe about history and development of the modern Olympics. CO2K2

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16 (a). Illustrate the aim and objectives of physical education. CO3K1
 (or)
 16 (b). Briefly explain educational and cultural values of Olympic movement. CO2K3
 17. (a) Explain about the different aspects of philosophy . CO3K3
 (or)
 17. (b) Write about the need for philosophy in physical education. CO2K3
 18.(a). Describe the history of physical education in Sparta. CO2K2
 (or)
 18.(b) Briefly explain about the History of psychology in sports. CO2K2
 19(a). Explain about the sociology in sports and how to create the leadership qualities. CO2K2
 (or)
 19.(b).Write about the different philosophies in physical Education. CO2K2
 20(a). Describe the growth and development in physical education. CO2K3
 (or)
 20. (b).Describe about the contribution of Olympic movement towards the world. CO2K2
