



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

**Bachelor's Degree Examination – March 2021
I Semester**

**Class : I UG
Major : Physical Education**

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

18BPEC01 History and Foundation of Physical Education

Part A

10 x 1 = 10

Choose the Correct Answer

1. Physical Education College started in India in the year.
a. 1920 b. 1923 c. 1896 d. 1919
2. Aim of Physical Education is
a. To gain strength b. To gain Knowledge
c. To perform better d. None of the above
3. Olympic motto citius means
a. Higher b. Stronger c. Faster d. All the above
4. The first Asian Games conducted at
a. Delhi b. Japan
c. Srilanka d. None of the above
5. Sports authority India started in the year.
a. 1951 b. 1972 c. 1982 d. 1963
6. Who started NCC in India?
a. Nehru b. H. N. Kunzru c. Gandhiji d. All the above
7. Factors influencing growth are _____
a. Nutrition b. Heredity c. Exercise d. All the above
8. Muscular, Active and Self-confident are the characters of -----body type.
a. endomorphs b. ectomorphs c. mesomorphs d. All the above
9. Training plan is the outlines of
a. objectives b. needs c. strategy d. All the above
10. In selecting talent, the most important factor to be considered is
a. Training state b. Health
c. Interest and attitude d. All the above.

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11.a. Explain about physical Education in Muslim periods in India.
(or)

11.b. Explain about physical Education in Vedic periods in India.

12.a. Describe about history of Olympic torch.
(or)

12.b. Draw a neat diagram of Olympic flag and explain about it.

13.a. Describe about National Institute of Sports.
(or)

13.b. Write about Sports Talent Search scholarship.

14.a. Explain about chronological age with examples.
(or)

14.b. Describe about growth and development.

15.a. Explain about Individual and society.
(or)

15.b. Explain about Individual difference.

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

16.a. Explain the history of physical Education in India.
(or)

16.b. Explain the history of physical Education in Greece.

17.a. Explain about the modern Olympic games rules and regulation.
(or)

17.b. Explain the history of Asian Games.

18.a. Describe about Rajkumari Amrit Kaur coaching scheme.
(or)

18.b. Explain about Moulana Abdul Kalam Azad Trophy.

19.a. Explain the physiological difference between male and female.
(or)

19.b. Explain the physiological and mental age and write the implication in physical education.

20.a. Elucidate the theory of play.
(or)

20.b. Explain the sociological foundation in physical Education.
