## BACHELOR OF PHYSICAL EDUCATION EXAMINATION, 2023

(1st Year, 1st Semester)

# History, Principles and Foundation of Physical Education & Olympic Movement Paper - CC - 101

Time: Three hours Full Marks: 70

### Group - A

#### Answer any three questions.

- 1. Define Physical Education proposed by J.P. Thomas. "Physical Education is an Integral part of total Education process" Explain.

  3+12=15
- 2. Define Aims & Objective of Physical Education. Explain psychological and sociological development objective of physical education. 5+10=15
- 3. State the Misconceptions of Physical Education. Physical Education as an Art and Science Explain. 5+10=15
- 4. Explain the historical development of Physical Education in India after independence. Write about the contribution of (i) P. M. Joseph and (ii) P.H. Ling 9+3+3=15
- 5. What is Body Type? Explain Sheldon's Somatotyping with its limitations. Describe the role of Physical Education in the process of socialization.

  2+6+7=15

### Group - B

Write short notes (any two):

 $7\frac{1}{2} \times 2 = 15$ 

- 6. Significance of Modern Olympic movement.
- 7. Olympic flag and motto.
- 8. Structure and function of I.O.C.
- 9. Physical Fitness & Wellness

#### Group - C

10. Put tick  $(\checkmark)$  against the right answer (any ten):

 $1 \times 10 = 10$ 

- i) The earliest person known to have invented the system of body classification was
  - a) Sheldon

b) Kretchmer

c) Hall

d) Hippocrates

[ Turn over

ii)	According to the German Concept of Physical Education, the Mother of all Games and Sports is $-$		
	a) Swimming	b)	Gymnastic
	c) Athletics	d)	Combatives
iii)	Who is said to be the Father of Philosophy of Idealism?		
	a) Plato	b)	Socrates
	c) Aristotle	d)	Galan
iv)	The first institute in India to propagate the cause of indigenous physical activities is:		
	a) YMCA, Madras		
	b) LNIPE, Gwalior		
	c) H.V.P. Mandal, Amravati		
	d) Punjab Government College of Physical Education, Patiala		
v)	'Synthetic track' in athletics was used for the first time in:		
	a) 1968 (Mexico Olympics)	b)	1948 (London Olympics)
	c) 1896 (Athens Olympics)	d)	1996 (Atlanta Olympics)
vi)	Physical activity is basically a:		
	a) Social attribute	b)	Psychological tendency
	c) Biological necessity	d)	Philosophical concept
vii)	Agoge was:		
	a) Formal system of education	b)	Colosseum
	c) Gymnasium	d)	All of the above
iii)	First principal of govt. training college of physical education, Hyderabad was		
	a) H.C. Buck	b)	P.M. Josep
	c) F. Weber	d)	Jemes Bokanon
ix)	In comparison to the Greeks, the Romans were more:		
	a) Authoritarian	b)	Utilitarian
	c) Democratic	d)	Aristocratic
			[ Turn over

x)	'CITUS' in the Olympic Motto "CITUS, ALTIUS, FORTIUS" stands for:		
	a) Faster	b) Stronger	
	c) Higher	d) Deeper	
xi)	Johann Christoph Friedrich GutsMuths was born in:		
	a) 1749	b) 1759	
	c) 1769	d) 1779	
xii)	Who introduced Physical Education in schools in Denmark?		
	a) F. L. Jahn	b) Franz Natchtegall	
	c) Niles Bukh	d) P. H. Ling	