

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 (✓) against the right answer (*any ten*) : 1×10=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

- 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