

BPED Semester I Examination, 2024-25
(Physical Education and Sport Science)

Subject: **History, Principles and Foundation of Physical Education**
Course Code: **CC-101**

Time: **03 Hours**

Full Marks: **70**

Questions are of value as indicated in the margin

UNIT – I		Marks
Q1.	Explain in details the meaning and scope of physical education.	15
OR		
	“Physical Education as an Art and Science”- Discuss in details.	15
UNIT – II		
Q2.	Explain in details the Physical Culture of India during Ancient period.	15
OR		
	Describe the Physical Activities of India during Medieval period.	15
UNIT – III		
Q3.	Explain the educational philosophy of pragmatism and its implication in physical education.	9+6=15
OR		
	Define Physical Fitness. Discuss the need of Physical Fitness and Wellness in modern society.	3+12=15
UNIT – IV		
Q4.	Write short notes of the following : (Any two)	(7.5+7.5=15)
	A. Age and gender characteristics.	
	B. Laws of learning	
	C. Social integration and cohesiveness	
	D. Society and culture	
UNIT – V		
Q5.	Write the correct answer from the following (any ten):	Marks 1x10=10
	1. Which of the following age signifies the development of cognitive ability?	
	a. Chronological age	
	b. Anatomical age	
	c. Mental age	
	d. Physiological age	
	2. Indus Valley Civilisation falls under which of the following historical period?	
	a. 3250BC-2500 BC	
	b. 600 BC – 320 AD	
	c. 320Ad – 1000 AD	
	d. 1000 AD–1757 AD	
	3. In which year the first Asian Games were held in India?	
	a. 1956	
	b. 1951	
	c. 1982	
	d. 1961	

4. Who said – “the aim of physical education is the optimum development of physically, socially and mentally integrated and adjusted individual through guided instruction and participation in selected total body sports”
 - a. Bookwalter
 - b. Aurobindo Ghosh
 - c. J B Nash
 - d. Nixon and Cozen
5. Which of the following is not the part of material Culture?
 - a. Stadium
 - b. Tradition
 - c. Jewellery
 - d. Vehicles
6. “The highest education is that which does not merely give us information but makes our life in harmony with all existence” – stated by _____.
 - a. Swami Vivekananda
 - b. Rabindranath Tagore
 - c. Mahatma Gandhi
 - d. Aurobindo Ghosh
7. Which of the following factors affects the growth and development process?
 - a. Genetics
 - b. Nutrition
 - c. Environment
 - d. All of these
8. Who said – “a sound mind in a sound body is a short but full description of a happy state in this world”?
 - a. Montaigne
 - b. John Locke
 - c. Froebel
 - d. Immanuel Kant
9. The place where Indian traditional physical activities were practised called _____.
 - a. Vyayamashalas
 - b. Gymnasium
 - c. Clubs
 - d. Chaupals
10. The subject matter of philosophy concerns with _____.
 - a. Truth
 - b. Reality
 - c. Values
 - d. All of these
11. Which of the following is not our Indigenous physical activity?
 - a. Dagger fight
 - b. Kalaripayyatu
 - c. Sword fight
 - d. Cricket
12. Which of the following is not the component of philosophy?
 - a. Epistemology
 - b. Metaphysics
 - c. Instinct
 - d. Ethics