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Reg. No. : .....

**Code No. : 20692 E      Sub. Code : EMPE 11**

B.Sc. (CBCS) DEGREE EXAMINATION,  
NOVEMBER 2023.

First Semester

Physical Education – Core

FOUNDATION OF PHYSICAL EDUCATION AND  
SPORTS

(For those who joined in July 2023 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL the questions.

Choose the correct answer :

1. Father of the foundation of physical education

- (a) Antio
- (b) Plato
- (c) Kavi
- (d) White Baton

2. It prepares kids to be physically and mentally active, fit and healthy into adulthood.

- (a) Morning prayer
- (b) First class
- (c) Last class
- (d) Physical education classes

3. Who started physical education in India?

- (a) Harry Crowe Buck
- (b) Mike Tysaion
- (c) Ploto
- (d) Johansson

4. The development of the ability to think and reason

- (a) Worth development
- (b) Caste arm development
- (c) Wide development
- (d) Cognitive development

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5. In science, students study the human body from the cellular level to the systems level, with a focus on

- (a) Anatomy and physiology
- (b) Test and Measurement
- (c) Sports medicine
- (d) Sports sociology

6. The role of biomechanics in physical education

- (a) Become personality
- (b) Behaviour
- (c) Reduce injury
- (d) Diet

7. Sparta and Athens, training began at the age of

- (a) 5                                      (b) 6
- (c) 7                                      (d) 8

8. In Olympic motto "Citius" stands for

- (a) Higher                              (b) Faster
- (c) Together                              (d) Stronger

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9. The Sports Authority of India (SAI) is established in

- (a) 1954                              (b) 1978
- (c) 1982                              (d) 1984

10. This Awards for Outstanding Performance in Sports and Games

- (a) Raju Award
- (b) Arjuna Award
- (c) Dronacharya Award
- (d) Glory Award

PART B — (5 × 5 = 25 marks)

Answer ALL questions choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the definition of foundation of physical education.

Or

(b) What are the main objectives of physical education?

12. (a) Define the aims of physical education.

Or

(b) What the way the learning theories developed?

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13. (a) Define the relationship between science and physical education.

Or

- (b) Explain the role of sports medicine in physical education.

14. (a) Define Olympic Rings.

Or

- (b) Define the importance of Olympic torch.

15. (a) What is the history of LNIPE Gwalior?

Or

- (b) Explain the Dronacharya Award.

PART C — (5 × 8 = 40 marks)

Answer ALL questions choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Write the scope of foundation of physical education.

Or

- (b) Write about the physical culture in Physical Education.

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17. (a) Write some tips about how we develop cognitive skills.

Or

- (b) Describe detail about the Laws of Learning.

18. (a) Explain the contribution of allied science in physical education.

Or

- (b) Write down the role of Biomechanics in sport and exercise.

19. (a) Write the history of modern Olympic games.

Or

- (b) Discuss about why Olympic oath and motto is very important.

20. (a) Write detail Netaji Subhas National Institute of Sports, Patiala.

Or

- (b) Write about the sports education system in India.

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