

(6 pages)

Reg. No. : .....

**Code No. : 40640 E      Sub. Code : SMPE 11**

B.Sc. (CBCS) DEGREE EXAMINATION,  
NOVEMBER 2019.

First Semester

Physical Education — Main

FOUNDATION OF PHYSICAL EDUCATION

(For those who joined in July 2017 Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Physical Education leads to

- (a) Social Efficacy
- (b) Healthful Living
- (c) Physical Health
- (d) Beauty

2. The immediate objectives of physical Education is

- (a) Organic values
- (b) Social control
- (c) Psychological qualities
- (d) Energy

3. Who is father of Idealism?

- (a) Aristotle                      (b) John Dewey
- (c) Rousseau                      (d) Plato

4. 2016 Olympic game held at

- (a) Rio de Janeiro Brazil
- (b) London
- (c) Athens
- (d) Beijing

5. Pushing is the

- (a) Non-loco motor skill
- (b) Loco motor skill
- (c) Human motion
- (d) Human behaviour

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6. The range of motion in joints is known as  
 (a) Flexibility (b) Endurance  
 (c) Strength (d) Speed
7. ALTIUS stands for  
 (a) Faster (b) Stronger  
 (c) Lower (d) Higher
8. Father of Modern Olympics is  
 (a) Aristotle  
 (b) Baron Pierre de Coubertin  
 (c) Plato  
 (d) Thorndike
9. Arjuna award will be awarded for the  
 (a) best coach  
 (b) best sportsmen  
 (c) best physical education teacher  
 (d) best administrator
10. When was National Institute of Sports, Patiala founded?  
 (a) 1961 (b) 1965  
 (c) 1971 (d) 1960

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PART B — (5 × 5 = 25 marks)

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

Each answer should not exceed 250 words.

11. (a) Describe the educational system of Athens.  
 Or  
 (b) Explain the Modern Greece.
12. (a) Explain the Modern Olympics.  
 Or  
 (b) Explain the Conduct of the game.
13. (a) What are the recent developments of physical education in India?  
 Or  
 (b) What are the modern trends in physical education?
14. (a) Explain National Federations.  
 Or  
 (b) Write about the Asian Games.

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15. (a) Explain Sports talent search scholarship.

Or

- (b) Write about the national awards for physical education.

PART C — (5 × 8 = 40 marks)

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

Each answer should not exceed 600 words.

16. (a) Explain origin and development of ancient Olympic in Sparta and Athens.

Or

- (b) Explain the role of sports on social stratification.

17. (a) Briefly explain the Marathon Race.

Or

- (b) Enumerate the relationship of sports with other socializing institution like family, school, state and religion.

18. (a) Explain the History and development of Physical Education in India.

Or

- (b) Explain about the good qualities of leadership and how this can be developed through sports.

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19. (a) Write about the Sports organization in India.

Or

- (b) Define recreation and also explain its role in sports and game.

20. (a) Describe the Fitness training programme in Physical Education in India.

Or

- (b) Explain the relationship between individual recreation and home recreation.

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