

B.P.Ed. Examination, 2016

Semester-I

Physical Education

Course: CC-101

(History, Principals and Foundation of Physical Education)

Time: Three Hours

Full Marks: 70

Questions are of value as indicated in the margin

Attempt **any one** question from each **Unit-I** to **Unit-III**, **two answers** from **Unit IV** and give **ten** answers from **Unit-V**

Unit-I

1. Define Physical Education according to JB Nash. Discuss in detail about the aim and objectives of Physical Education. 3+12=15

Or

“Physical Education as an Art or Science” explain. Explain the misconception about the Physical Education. 10+5=15

Unit-II

2. Explain in detail about the post-independent history of Physical Education in India. 15

Or

Write in detail about the practice and issues in regard to Akhadas and Vyayamshala during British Period. 15

Unit-III

3. Discuss in detail about the philosophy of Idealism and Realism in relation to physical education and sports. 15

Or

What is Wellness? Describe the fitness movement in the contemporary perspective.

3+12=15

Unit-IV

4. Write short notes on any two of the following: (i) Laws of learning (ii) Anthropometric differences (iii) Leadership (iv) Cohesiveness 7.5+7.5=15

Unit-V

5. **Write the correct answer from the following (any ten)** **10x1=10**

(i) Who stated that “Education is the manifestation of divine perfection already existing in man.” (a) Gurudev (b) Gandhiji (c) Netaji (d) Swamiji

(ii) Physical education is the sum of man’s physical activities selected as to kind and conducted as to outcomes. This definition was given by (a) JB Nash (b) CA Bucher (c) JF Williams (d) HM Barrow

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- (iii) The highest education is that which does not merely give us information but makes our life in harmony with all existence- this was expressed by (a) Gurudev (b) Gandhiji (c) Netaji (d) Swamiji
- (iv) First organized scientific Physical Education institution came in India by Mr. HC Buck in (a) 1920 (b) 1914 (c) 1924 (d) 1928
- (v) First Central Government committee of India to look after Physical Education & Sports was established in (a) 1947 (b) 1948 (c) 1951 (d) 1953
- (vi) Which Emperor died during playing Polo (a) Babar (b) Md. Bintughlok (c) Qutub Uddin Aibek (d) Sher Sah
- (vii) Whose view was that of philosophy as 'the love of wisdom' (a) Plato (b) Socrates (c) Aristotle (d) None of them
- (viii) A general state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities is called (a) Physical fitness (b) Wellness (c) Both a & b (d) None of these.
- (ix) In which philosophy idea or belief that only natural laws and forces operate in the world ? (a) Idealism (b) Naturalism (c) Realism (d) Pragmatism
- (x) Which of the following can be enhanced upto death (a) Growth (b) Development (c) Both a & b (d) none of them.
- (xi) The laws of learning was given by (a) EL Thorndike (b) I Pavlov (c) W Kohler (d) None of them
- (xii) The Pioneer of Somatotype is (a) RW Parnel (b) WH Sheldon (c) BH Heath & JEL Carter (d) None of Them
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