

B.A./B.Sc. (Honours) Examination, 2016

Semester - I

Physical Education

Course: BABSCH- 111

(Foundations of Physical Education)

Time: 3 Hours

Full Marks: 40

Questions are of value as indicated in the margin.

Answer **any one** question from each unit

Unit-I

1. Define the term "Education". Write an acceptable definition of Physical Education cited by any physical educationist? Why Physical education is considered as an integral part of any educational program? Discuss. 1+1+6=8

or

2. What is meant by each of the following terms: Hygiene, Physical Culture, Gymnastics, Physics Training and Athletics? What is their relation to physical education? 4+4=8

Unit-II

3. Why is it necessary for the physical educator to be able to interpret physical education from biological point of view? 8

or

4. What do you mean Physical Fitness? Classify Physical fitness. Why fitness program is important? Explain. 2+1+5=8

Unit-III

5. What are the philosophies most often examined in Physical Education? Explain any two of them. 1+7=8

or

6. How the law of exercise is similar to the law of use? What implications do the three laws of learning have for the coaching of a football team? 3+5=8

Unit-IV

7. Define the term "Sociology". What implications does this field have for Physical Education? 2+6=8

or

8. What are the social institutions? Explain the role of each social institution. 2+6=8

Unit-V

9. Write down the steps taken by the Indian Govt. to spread Physical Education and Sports in India after independence. 8

or

10. Explain the significance of Ancient Olympic Games and briefly discuss the rules for Competition, Conduct of the game and Awards. 8