

2020

**HISTORY, PRINCIPLE AND FOUNDATION OF PHYSICAL EDUCATION
AND OLYMPIC MOVEMENT**

Course : CC-101

Full Marks : 70

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

Answer **all** questions.

1. Write down the meaning and scope of Physical Education. Justify the need of Physical Education in Modern Society. 5+5+5

Or,

Explain in your own words the relationship of Physical Education with General Education. 15

2. Describe the development of Physical Education in India during the Pre-Independence period. 15

Or,

Write down the contributions of Vyayamshala, J. F. Gutsmath and Swami Vivekananda towards the development of Physical Education in India. 5+5+5

3. What do you mean by Socialization through Physical Education? Describe how psychological factors affect Sports Performance. 5+10

Or,

Discuss the philosophy of Idealism and Body Type in details. 6+9

4. Write notes on **any two** of the following : 7.5×2

- (a) International Olympic Committee
- (b) Significance of Olympic Ideals
- (c) Significance of Olympic Oath
- (d) Significant stages of development of Modern Olympic Movement.

Please Turn Over

5. Answer the following MCQs by choosing the correct option from the given alternatives for each question and write it on your answer script (*any ten*) : 1×10

- (a) YMCA (Madras) College of Physical Education was established in :
- (i) 1920 (ii) 1896
(iii) 1918 (iv) 1928.
- (b) Socialization helps us to :
- (i) avoid isolation (ii) ignore the society
(iii) increase stress (iv) bring about behavioural changes.
- (c) Father of the Philosophy of Idealism is :
- (i) Plato (ii) Aristotle
(iii) Socrates (iv) Galan.
- (d) The concept that reflects the true nature of modern Physical Education is :
- (i) Physical training (ii) Science of movement
(iii) Movement education (iv) Athleticism.
- (e) The term that denotes the 'Toughening of body' as its major objectives is :
- (i) Physical culture (ii) Play
(iii) Drill (iv) Physical training.
- (f) Physical activity is basically a :
- (i) Social attribute (ii) Psychological tendency
(iii) Biological necessity (iv) Physiological concept.
- (g) The concept of Pragmatism in educational philosophy says that education should be about :
- (i) Virtue (ii) Obedience
(iii) Life and Growth (iv) Shaping good citizen.
- (h) The five rings in the Olympic logo represent :
- (i) Original five members (ii) Largest five members
(iii) Five Continents (iv) Ethereal aspects.
- (i) Which of the following represents the correct combination of the colours of Olympic flags :
- (i) Blue, Yellow, Black, Green, Red (ii) Brown, Blue, Yellow, Black, Red
(iii) Purple, Green, Red, Pink, Yellow (iv) Blue, Yellow, Brown, Green, Purple.
- (j) Who was the first Principal of YMCA College of Physical Education?
- (i) G. D. Sondhi (ii) H. C. Buck
(iii) B. P. Coubertain (iv) C. A. Bucher.

(k) Who classified body type first time as Endomorph, Mesomorph and Ectomorph and its combination?

(i) Kreshmar

(ii) Aristotle

(iii) Sheldon

(iv) McDougal.

(l) In which Olympic Games was the Olympic torch introduced?

(i) 1924, Paris

(ii) 1928, Amsterdam

(iii) 1932, Los Angeles

(iv) 1936, Berlin.
