

**2021**

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

**Paper : 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.*

1. Write the meaning of Physical Education. Discuss any two misconceptions of Physical Education. How did the misconceptions grow and sustain? 3+6+6

**Or,**

State the 'Aim of Physical Education'. Explain the objectives of Physical Education in detail. 3+12

2. Describe the salient features of development of Physical Education in West Bengal during Post-Independence period. What was the contribution of 'Akhras' in Physical fitness movement in West Bengal? 8+7

**Or,**

Discuss the contributions of H. C. Buck, G. F. Gutsmuth and Rishi Aurobindo towards the development of modern Physical Education. 5+5+5

3. What are the advantages and disadvantages of 'Human Biped evolution'? What do you mean by body type? Explain Sheldon's Somatotyping. 6+3+6

**Or,**

Discuss the principles of Growth and Development. What do you mean by social integration? How do physical education and sports promote social integration? 6+4+5

4. Write notes on **any two** of the following : 7½×2
- (a) Olympia— the site of ancient Olympics
  - (b) Philosophy of Olympic movement
  - (c) Significance of Olympic Rings and Olympic Flag
  - (d) Winter Olympics.

**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) Who was the first recorded winner of ancient Olympics?  
(i) Hera (ii) Iphitos  
(iii) Koroibos (iv) Coubertin.
- (b) Which philosophy of Physical Education emphasizes that experience is the key to life?  
(i) Existentialism (ii) Realism  
(iii) Pragmatism (iv) Idealism.
- (c) Ex-Officio President of SAI is :  
(i) President of India  
(ii) Prime Minister of India  
(iii) Union Minister of Youth Affairs and Sports  
(iv) Director General of Home affairs.
- (d) Biological sciences suggest—  
(i) Physical exercises and balanced nutrition are interrelated  
(ii) Variety of activity sustains interest  
(iii) Games and sports are great social experience  
(iv) Playfield does not recognize any distinction of caste, language, creed, colour, etc.
- (e) Which of the following refer to Asthenic body type?  
(i) Short and thick (ii) Tall and muscular  
(iii) Lean, shallow chest (iv) Abnormal bodies.
- (f) Physical growth of a child is most rapid  
(i) Up to 3 years  
(ii) Between 6 and 10 years  
(iii) Between 13 and 19 years  
(iv) Between 19 and 25 years of age.
- (g) Which of the following is an intrinsic motivator?  
(i) Earning by playing (ii) Promotion of sports  
(iii) Winning award (iv) Interest of playing game for the country.
- (h) What is chronological age?  
(i) Age in years, months and days  
(ii) Age indicated by bones and dentition  
(iii) Age determined by signs of puberty  
(iv) Age determined by use of intelligence tests.

- (i) Who is considered as the symbol of the rise of Physical Education in Sweden?
- (i) Franz Nachteggall                      (ii) V. A. Blyakh  
(iii) Per Henrik Zing                      (iv) Adolf Spiess.
- (j) Elements of Olympic movement are
- (i) IOC    (ii) NSFs  
(iii) NOAs                                        (iv) All of these.
- (k) A socially efficient individual conforms to
- (i) Right way of conduct                      (ii) Moral standards of conduct  
(iii) Basic standards                          (iv) All of these.
- (l) "Physical education is a fundamental right to every citizen" is included in
- (i) WHO Charter                                (ii) SNIPES Charter  
(iii) HRD Ministry Charter                      (iv) UNESCO Charter.
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