

2023

**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. What is the general misconception about Physical Education?  
Discuss the scope of Physical Education in this modern century. 4+5+6

*Or,*

What is 'Aim of Physical Education'? Explain the objectives of Physical Education in detail. 3+12

2. Discuss the historical development of Physical Education in India during pre-independence period.  
What was the contribution of 'Akhras' in Physical fitness movement in West Bengal? 9+6

*Or,*

Describe the contribution of Vyayamshala towards the development of Physical Education in India.  
Write down the contribution of J. F. Gutsmuth and Rishi Aurobindo towards the development of modern  
Physical Education. 5+5+5

3. Define the term 'Philosophy'. What are the contributions of Philosophy of Idealism and Realism in the  
development of the Philosophy of Physical Education? 3+6+6

*Or,*

What is the difference between 'Growth' and 'Development'? What are the advantages and  
disadvantages of 'Human Biped evolution'? How do Psychological factors influence sports  
performance? 4+6+5

4. Write short notes on (*any two*) : 7½×2

- (a) Significance of Olympic Flag  
(b) Stages of development of Modern Olympic Movement  
(c) Types of Olympic Games  
(d) Olympic Ring.

**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 is said to be the Father of Philosophy of Idealism?
- (i) Socrates (ii) Plato  
(iii) Aristotle (iv) Galan.
- (b) 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.
- (c) According to the German concept of Physical Education, the mother of all games and sports is
- (i) Swimming (ii) Gymnastics  
(iii) Athletics (iv) Combative.
- (d) A Physical Education teacher nowadays is essentially
- (i) An Instructor (ii) A movement educator  
(iii) A Drill master (iv) All of these.
- (e) Schiller and Spencer are associated with which one of the following Theory of Play?
- (i) Anticipation Theory (ii) Recapitulation Theory  
(iii) Surplus Energy Theory (iv) Recreation Theory.
- (f) The chronological age is
- (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.
- (g) 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.
- (h) Which of the following refers to Asthenic body type?
- (i) Short and thick (ii) Tall and muscular  
(iii) Lean, shallow chest (iv) Abnormal bodies.
- (i) In which of the following ancient city the Gladiator Combat, the most popular pastime of the people was held?
- (i) Athens (ii) Rome  
(iii) Sparta (iv) Olympia.

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*ED(PB)-1st Sm.-History, Principle & etc.-CC-101*

(j) The Indian Olympic Association was formed in

(i) 1927

(ii) 1952

(iii) 1937

(iv) 1947.

(k) The component of Physical fitness that is, more or less, genetically determined is

(i) Flexibility

(ii) Speed

(iii) Strength

(iv) Body composition.

(l) What point-scale did Sheldon use to classify individuals in his Somatotyping system?

(i) 1-5

(ii) 1-7

(iii) 1-9

(iv) None of these.

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