

2025

**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.*

1. Explain the concept of 'Education' and 'Physical Education'. Discuss any three misconceptions about Physical Education. Discuss the importance of Physical Education in school curriculum as well as in modern society. 4+6+5

*Or*

State the aim of Physical Education. Explain the main four objectives of Physical Education in detail. 3+12

2. Discuss the development of Physical Education in India after independence, with special reference to West Bengal. 15

*Or*

Describe the contribution of 'Vyayamshala' towards the development of Physical Education in India. Write down the contribution of H. C. Buck and P. M. Joshep towards the development of modern Physical Education. 5+5+5

3. What are the advantages and disadvantages of biped evolution for human being? Explain the characteristics of Sheldon's Somatotyping. Discuss Sheldon's Seven Point Scale of Somatotyping. 4+6+5

*Or*

Define the term 'Growth' and 'Development'. Discuss the principles of growth and development. What is meant by 'social integration'? 4+8+3

4. Write notes on following (*any two*) : 7½×2
- (a) Significance of Olympic Flag
  - (b) Types of Olympic Games
  - (c) Olympic Ring
  - (d) International Olympic Committee.

Please Turn Over

(3805)

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) Which of the following body type is not included and recommended by Sheldon?
- (i) Ectomorph (ii) Endomorph  
(iii) Mesomorph (iv) Anthropomorph.
- (c) A person who is round, soft, and gains fat easily is typically classified as
- (i) an ectomorph (ii) a mesomorph  
(iii) an endomorph (iv) a slim person.
- (d) The word 'Philosophy' is derived from which language?
- (i) English (ii) Latin  
(iii) Greek (iv) Italian.
- (e) Which of following animal is classified as a bi-ped?
- (i) Horse (ii) Lion  
(iii) Human (iv) Dog.
- (f) The ability to perform a task or move from one point to other in the shortest period of time is called
- (i) power (ii) speed  
(iii) balance (iv) agility.
- (g) Which of the following activity is not used to improve aerobic ability the most?
- (i) Long distance run (ii) Heavy weight lifting  
(iii) Swimming (iv) Archery.
- (h) Adolescence indicates the period of
- (i) 5-10 years (ii) 11-19 years  
(iii) 22-28 years (iv) 30-40 years.
- (i) When and where the first modern Olympic Games held?
- (i) 1892, Paris (ii) 1896, Athens  
(iii) 1900, London (iv) 1896, Rome.

