

**2022**  
**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 the following questions.***

1. Write the modern concept of Physical Education. Discuss the importance of Physical Education in school curriculum as well as in modern society. 5+5+5

***Or***

“Physical Education is the sum of man’s physical activities, selected as to kind and conducted as to outcome”- explain the statement with special emphasis to the outcomes of Physical Education. Discuss the role of science to frame the principles of Physical Education. 10+5

2. Describe the historical development of Physical Education in India during the British period. Write a short note on “Role of National Discipline Scheme in the development of Physical Education in India.” 9+6

***Or***

Discuss the significance of “Kunzru Committee” for the development of Physical Education and sports during the Post Independent period in India. Write down the contribution of F.L. Jahn and Niles Bukh towards the development of modern Physical Education. 5+5+5

3. Define the term "Philosophy". Name the philosopher who proposed the concept of “Joyful Residence”. Discuss the idea of Physical Education and sports from the perspective of the philosophy of pragmatism. 3+2+10

***Or***

(a) What is motivation? Discuss the role of motivation as a psychological factor to enhance sports performance of athletes.

(b) What is Body type? Discuss the principles of somatotyping formulated by Sheldon. (2+5)+(2+6)

4. Write notes on **any two** of the following: 7.5 x2
- (a) Events of Ancient Olympic Games
  - (b) Significance of IOC
  - (c) Olympic Ideals and Oath taking
  - (d) Indian Olympic Association (IOA)

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**): 1x10

a) Physical education, exercise science and sport are representative of the growing and expanding field of which of the following:

- (i) Science (ii) Kinesiology (iii) Physiology (iv) Health

b) Highly organized, competitive physical activities governed by rules are called:

- (i) Play, (ii) Games, (iii) Sports, (iv) Recreation

c) Which philosophy emphasizes the mind as central to understanding and the critical role that reasoning plays in arriving at the truth?

- (i) idealism, (ii) Naturalism, (iii) Pragmatism, (iv) Realism

d) Olympic Games, the most renowned of all festivals of ancient Greece was held in honour of:

- (i) Hera, (ii) Nike, (iii) Apollo, (iv) Zeus

e) Which of the following schools for boys was founded by J. B. Basedow in 1779 at Dessau?

- (i) Schnepfenthal Educational Institute, (ii) Philanthropinum,  
(iii) Recreation School, (iv) Turnverein

f) Who founded the Turnverein movement, associations of gymnasts?

- (i) Friedrich Ludwig Jahn, (ii) Christian Gotthilf Salzmann,  
(iii) Christoph Friedrich Guts Muths, (iv) Adolph Spiess

g) Successful acquisition of new information or skills depends on the individual's level of:

- (i) Readiness (ii) Thinking (iii) Desire (iv) Wellness

h) The unique blend of the psychological characteristics and behavioural tendencies that make individuals different from and similar to each other is called:

- (i) Motivation (ii) Emotion (iii) Personality (iv) Instinct

i) Who developed the Sport Education Model (SEM) for the first time in 1984?

- (i) Mary O'Sullivan, (ii) Gary Kinchin, (iii) Mc Millan, (iv) Daryl Siedentop

j) The first Marathon race of modern Olympic was run from:

- (i) Marathon to Athens, (ii) Athens to Marathon  
(iii) Marathon to Sparta, (iv) Sparta to Athens

k) Women were finally allowed to run the marathon in the Olympic Game of:

- (i) 1984 Summer Olympics, (ii) 1992 Summer Olympics,  
(iii) 1996 Summer Olympics (iv) 2000 Summer Olympics

- 1) The most essential and basic type of socialization is:
- (i) Primary socialization
  - (ii) Secondary socialization,
  - (iii) Adult socialization
  - (iv) Re-socialization
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