

2024

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. Define the term 'Physical Education'. Discuss the relationship of Physical Education with General Education. 3+12

Or,

What are the four objectives of Physical Education? Explain any three of them. 3+(4×3)
2. Discuss the development of Physical Education in India during the Pre-Independence Period. 15

Or,

Specify the role of Akhras movement for the development of Physical Culture in Bengal. Write down the contribution of Swami Vivekananda and James Buchanan towards the development of Physical Education. 5+(5+5)
3. What is meant by the term 'Philosophy'? How is the philosophy of Physical Education predisposed by Pragmatism and Naturalism? 3+(6+6)

Or,

What is meant by Somatotype? Explain the characteristics of Sheldon's Somatotyping. Discuss Sheldon's seven point scale of Somatotyping. 2+6+7
4. Write notes on (*any two*) : 7½×2
 - (a) Significance of Olympic ideal
 - (b) Symbol and Oath of Olympics
 - (c) Winter Olympic Games
 - (d) International Olympic Committee.
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 considered as the Father of Philosophy?
 - (i) Thales
 - (ii) Plato
 - (iii) Socrates
 - (iv) Aristotle.

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- (b) The body type characterised by long and thin body shape is
- (i) Ectomorphs
 - (ii) Endomorphs
 - (iii) Mesomorphs
 - (iv) None of these.
- (c) The 1st scientific classification of Somatotype was propounded by
- (i) Herbert Sheldon
 - (ii) Stuffle Bean
 - (iii) H. M. Barrow
 - (iv) Jack Nelson.
- (d) Which of the following is not a factor that influences growth and development?
- (i) Heredity
 - (ii) Environment
 - (iii) Culture
 - (iv) Nutrition.
- (e) The aim of Physical Education is to ensure
- (i) Child's optimal physical development
 - (ii) Programme of activity and sports for all
 - (iii) All round development of an individual
 - (iv) Complete removal of boredom of the classroom activities.
- (f) Gladiator combat, the most popular pastime activity, was mostly seen at the city
- (i) Athens
 - (ii) Rome
 - (iii) Sparta
 - (iv) Olympia.
- (g) Which of the following philosophies deals with experimentation?
- (i) Existentialism
 - (ii) Realism
 - (iii) Pragmatism
 - (iv) Eclecticism.
- (h) The Indian Olympic Association was formed in the year
- (i) 1927
 - (ii) 1952
 - (iii) 1937
 - (iv) 1947.
- (i) In Physical Education classes, students are rarely classified on the basis of
- (i) Chronological age
 - (ii) Physiological age
 - (iii) Anatomical age
 - (iv) Mental age.

(j) The component of physical fitness that is, more or less, genetically determined is

(i) Flexibility

(ii) Speed

(iii) Strength

(iv) Endurance.

(k) The exact duration of the Summer Olympic Games to be conducted is

(i) 18 days

(ii) 15 days

(iii) 16 days

(iv) 20 days.

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

(i) 1-5

(ii) 1-7

(iii) 1-9

(iv) None of these.
