

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**B.P.E.S. DEGREE EXAMINATION – November 2019****First Semester****FOUNDATION AND HISTORY OF PHYSICAL EDUCATION**

Time: Three hours

Maximum: 75 marks

PART – A (10 x 2 = 20 marks)Answer any **TEN** questions. All questions carry equal marks.

1. Define Education.
2. Define physical training.
3. Describe chronological age.
4. Explain athletic heart.
5. Define learning.
6. What is the meaning of regency and intimacy of learning?
7. Explain the term concomitant learning.
8. Explain the ancient Olympics awards.
9. Explain the period of citizenship during Sparta.
10. Describe Rajiv Gandhi Khel award.
11. Write two sentences on NSNIS.
12. When and where did first Asian games started?

PART – B (5 x 5 = 25 marks)Answer any **FIVE** questions. All questions carry equal marks.

13. Define physical education and physical culture.
14. Explain the difference between male and female during adolescence period.
15. Explain vital capacity and reciprocal innervations.
16. Discuss the laws of learning.
17. Explain the theory of Insightful learning.
18. Write down in detail on modern Olympics.
19. Explain the eligibility and significance of ancient Olympics.
20. Discuss the recent developments in India in relation to physical education.

PART – C (3 x 10 = 30 marks)Answer any **THREE** questions. All questions carry equal marks.

21. Describe the aims and objectives of physical education.
22. Write down the classification of body types by Sheldon and Kretchmer.
23. Write down the characteristics of learning curve and causes of plateau in the learning.
24. Write down the difference between physical education during ancient Spartan and Athens period.
25. List down various national awards and scholarships in relation to sports and describe any the awards in detail.