

**VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**  
**(Deemed to be University)**  
**B.P.Ed DEGREE EXAMINATION - November 2019**  
**First Semester**  
**HISTORY, PRINCIPLES AND FOUNDATIONS**  
**OF PHYSICAL EDUCATION**

Three Hours

Maximum: 70 marks

**PART - A**

**Answer any TEN questions:****(10\*2=20)**

1. Write two aims of physical education.
2. Write any two types of Theories of Play.
3. Define muscle tone.
4. Define reciprocal innervations.
5. What is chronological age?
6. Write down any two types of learning theory.
7. Who was Conditioned Response theory developed by?
8. Expand YMCA.
9. Give the motto of Modern Olympic.
10. Who is stopped Ancient Olympic Games in which year?
11. Short note on Dronacharya award.
12. Expand NCC, NSS.

**PART - B**

**Answer any FIVE questions:****(5\*4=20)**

13. Explain any three objective of Physical Education.
14. Explain biological foundations of physical education.
15. Write about different types of ages in growth.
16. Describe Conditioned Response theory.
17. Explain the kinds of learning.
18. Write short notes on commonwealth games.
19. Write short notes on Arjuna Award.
20. Write a short note on RDG and BDG.

**PART - C**

**Answer any THREE questions:****(3\*10=30)**

21. Explain Physical Training and Physical Culture.
22. Write short notes on : a) Hereditary traits b) Athletic heart c) muscle tone.
23. Explain theories of learning with suitable examples.
24. Explain the physical education in ancient Greece.
25. Explain School Games Federation of India and Association of Indian Universities.



