

**VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM****B.P.Ed. DEGREE EXAMINATION – November 2019****First Semester****HISTORY, PRINCIPLES AND FOUNDATION 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 Physical Education.
2. Reflex Arc.
3. What is Muscle tone?
4. Play.
5. Adolescence Period.
6. Response Theory.
7. Write short note on learning curve.
8. Olympic Games.
9. Write two objectives of sport authority of India.
10. Write one definition of learning.
11. Define law of readiness.
12. NCC.

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

13. Explain the role of YMCA in development of physical education.
14. Explain theories of play.
15. Define childhood period.
16. Difference between growth and development.
17. Explain meaning of learning and its importance.
18. Explain pre independence period of physical education in India.
19. Explain role of Muslim period in the development of physical education.
20. Write note on Dronacharya award.

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

21. Explain the meaning and importance of physical training and physical culture.
22. Write note on Chronological age and Physiological age.
23. Explain in detail trial and error theory.
24. Explain modern Olympic Games and Asian Games.
25. Explain the development in physical education after independence.