

KAMARAJ COLLEGE (Autonomous)

Accredited with A+ Grade by NAAC

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

THOOTHUKUDI – 628 003

(6 Pages)

Reg. No:

Question Code No : 25002907

Sub Code : 24UMPE11

UG Degree - End Semester Examinations, November 2025

First Semester

B.SC PHYSICAL EDUCATION

Foundation of Physical Education and Sports

(For those who joined in July 2024 onwards)

Time :3 Hours

Maximum : 75 Marks

PART – A (10 × 1 = 10 Marks)

Answer ALL Questions

Choose the correct answer:

1. Who is known as the “Father of Modern Physical Education”?

(a) Johann Guts Muths

(b) Per Henrik Ling

(c) Charles Bucher

(d) Jean-Jacques

2. Physical culture mainly focuses on _____
 - (a) Mental training
 - (b) Bodily training and health habits
 - (c) Art and craft activities
 - (d) Music and dance skills
3. Which of the following is NOT a domain of physical education?
 - (a) Cognitive
 - (b) Neuro-muscular
 - (c) Mechanical
 - (d) Affective
4. The law of readiness in learning is proposed by _____
 - (a) Skinner
 - (b) Pavlov
 - (c) Thorndike
 - (d) Maslow
5. Which allied science studies the body mechanics of movements?
 - (a) Physiology
 - (b) Sociology
 - (c) Kinesiology
 - (d) Psychology
6. The motto of the Olympic Games is _____
 - (a) Faster, Higher, Stronger –
 - (b) Sport for All Together

- (c) Play Fair (d) Unity through Sports
7. LNIPE is located in:
(a) Patiala (b) Gwalior
(c) Delhi (d) Bengaluru
8. The Arjuna Award was instituted in the year:
(a) 1956 (b) 1961
(c) 1975 (d) 1985
9. SGFI stands for:
(a) School Games Federation of India
(b) Sports Games Federation of India
(c) State Games Federation of India
(d) Students' Games Federation of India
10. Which ancient city emphasised military training through physical education?
(a) Athens (b) Sparta
(c) Olympia (d) Delphi

PART – B (5X5= 25 Marks)

**Answer ALL Questions choosing either (a) or (b).
Answer should not exceed 250 words.**

11. (a) Define Physical Education and explain its need in

modern society.

(OR)

(b) Differentiate between Physical Training and Physical Culture.

12. (a) State the aims and objectives of Physical Education.

(OR)

(b) Briefly explain Thorndike's Laws of Learning with examples.

13. (a) Discuss the role of anatomy and physiology in physical education.

(OR)

(b) Identify the importance of psychology and sociology in sports performance.

14. (a) Explain the origin and significance of the Olympic flag and motto.

(OR)

(b) Write short notes on ancient and modern Olympic games.

15. (a) Explain the objectives and functions of Sports Authority of India (SAI).

(OR)

- (b) List any four national sports awards and write briefly about them.

PART – C (5 X 8 = 40 Marks)

Answer ALL Questions choosing either (a) or (b).

Answer should not exceed 500 words.

16. (a) Examine the scope of physical education in the 21st century.

(OR)

- (b) Analyse the relationship between physical education and general education.

17. (a) Evaluate the contribution of theories and laws of learning in sports coaching.

(OR)

- (b) Design a recreational activity programme for college students based on physical education principles.

18. (a) Justify the role of Biomechanics and Kinesiology in enhancing sports techniques.

(OR)

(b) “Sports Medicine is essential for athlete’s career” -
Justify the statement.

19. (a) Examine the history of Olympic Games and assess their impact on world sports.

(OR)

(b) Compare and contrast the physical education system in Ancient Sparta and Athens.

20. (a) List down the contribution of SAI, LNIPE and National Sports Academies towards sports development in India.

(OR)

(b) Suggest measures to improve India’s performance in Asian and International competitions.