

25BP14

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Name:

Reg. No:

FIRST YEAR B.P.E. DEGREE EXAMINATION, APRIL 2026

(Regular/Supplementary/Improvement)

CC15UBPE1T4 / CC19UBPE1T4 – HISTORY OF PHYSICAL EDUCATION

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

PART A

Answer any **one** question. Each question carries 15 marks.

1. Trace the development of physical education in Ancient India (Vedic and Epic periods) and briefly outline the major changes in pre- and post-independence India.
2. Explain the origin and development of the Ancient Olympic Games and discuss how their values and ideals influenced the revival of the Modern Olympic Games.

(1 × 15 = 15 Marks)

PART B

Answer **all** questions. Each question carries 5 marks.

3. Briefly explain Professional Organizations of physical Education and Sports in India.
4. Explain the major contributions of Per Henric Ling and Friedrich Ludwig Jahn.
5. Discuss on Physical Education in Ancient Greece.

(3 × 5 = 15 Marks)

PART C

Answer **all** questions. Each question carries 5 marks.

6. Explain the contribution of YMCA.
7. Discuss National Sports Awards.
8. Write short notes on NSNIS and SAI.

(3 × 5 = 15 Marks)

PART D

Answer **all** questions. Each question carries 1 mark.

Fill in the blanks:

9. The period of the Vedas in Indian history is known as the _____ period.
10. The Pan-Hellenic festival conducted at Olympia was known as the _____ Games.
11. The German gymnastic movement initiated by Friedrich Ludwig Jahn is called the _____ Movement.
12. The national body responsible for the conduct of the Olympic movement in India is the _____
13. The traditional martial art form of Kerala is _____

(5 × 1 = 5 Marks)

PART E

Answer **all** questions. Each question carries 1 mark.

State True or False:

14. Sparta mainly emphasized military type physical training for its youths.
15. Gladiatorial combats were a prominent feature of physical culture in Ancient Rome.
16. The Turnverine Movement originated in Sweden.
17. The National Fitness Corps (NFC) was one of the post-independence fitness schemes in India.
18. NAFESS is a professional organization in the field of physical education and sports.

(5 × 1 = 5 Marks)

PART F

Answer **all** questions. Each question carries 1 mark.

Write answer in one word or phrase:

19. The festival conducted at Nemea in Ancient Greece.
20. The American physical educator who established a system of light gymnastics
21. The Olympic symbol containing the motto.
22. The German educator who contributed to school gymnastics.
23. The national apex coaching institute in India.
24. The youth welfare organization that manages youth hostels in India.
25. Abbreviation stands for.
26. The government department responsible for sports in India.
27. Expand IASSPE.
28. What is Paidotribe?

(10 × 1 = 10 Marks)

PART G

Answer **all** questions. Each question carries 1 mark.

Match the following:

- | | | |
|-------------------------|---|---|
| 29. Johan Basedow | - | a. Roman bath |
| 30. Guts Muths | - | b. Mass sports festival of U.S.S.R. |
| 31. Olympia | - | c. Roman chariot races |
| 32. Per Henric Ling | - | d. Professional body of physical education teachers |
| 33. Springfield College | - | e. Scientific school of gymnastics in Germany |
| 34. Thermae | - | f. Training college in U.S.A. |
| 35. YMCA Madras | - | g. The birth place of Ancient Olympic games |
| 36. Circus Maximus | - | h. Philanthropinum |
| 37. IATHPER | - | i. Scientific gymnastics in Sweden |
| 38. Spartakiad | - | j. Harry Crowe Buck |

(10 × 1 = 10 Marks)
