

**24BP23**

(Pages: 2)

Name: .....

Reg. No: .....

**SECOND YEAR B.P.E. (INTEGRATED) DEGREE EXAMINATION, APRIL 2026**

(Regular/Supplementary/Improvement)

**CC15UBPE2T8 / CC19UBPE2T8 – FOUNDATION OF PHYSICAL EDUCATION**

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

**PART A**

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

1. Explain the biological principles of growth and development. How do heredity, environment, body types, and different age groups affect the planning of physical education programmes?
2. Define recreation and explain the needs, principles, and challenges in organizing recreation programmes for special groups such as senior citizens, industrial workers, and persons with disabilities.

**(1 × 15 = 15 Marks)**

**PART B**

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

Explain the following:

3. Role of Education in National Integration.
4. Body types and their characteristics.
5. Distinguish between formal and informal education.

**(3 × 5 = 15 Marks)**

**PART C**

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

Explain the following:

6. Explain Naturalism and Pragmatism.
7. Explain the role of sports in socialization.
8. Write any two problems faced in the professional preparation of physical education teachers.

**(3 × 5 = 15 Marks)**

**PART D**

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

Fill in the blanks:

9. John Dewey is associated with the philosophy of \_\_\_\_\_
10. \_\_\_\_\_ is a major type of locomotion involving movement on two feet.
11. Gandhi's concept of education is called \_\_\_\_\_
12. \_\_\_\_\_ is that which is transmitted from parent to offspring.
13. Education that takes place at home and in daily life is called \_\_\_\_\_ education.

**(5 × 1 = 5 Marks)**

### PART E

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

State True or False:

14. Physical education is both an art and a science.
15. The scope of physical education excludes recreational activities.
16. Social problems such as unemployment, youth unrest, and mechanization have no influence on the role or development of physical education in society.
17. One of the significant challenges faced by the field of physical education today is the shortage of professionally trained and qualified instructors.
18. The objectives of physical education should support the general aims of education.

(5 × 1 = 5 Marks)

### PART F

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

Write answer in one word:

19. What is the aim of education?
20. Define physical fitness.
21. What is Anatomical age?
22. What is the basic idea of Realism?
23. What is socialization?
24. What is meant by “Sports for All”?
25. What is youth unrest?
26. What is social stratification?
27. What is chronological age?
28. What is meant by leisure?

(10 × 1 = 10 Marks)

### PART G

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

Match the Following:

- |                       |   |                                  |
|-----------------------|---|----------------------------------|
| 29. Physical fitness  | - | a. Games & sports traditions     |
| 30. Education         | - | b. Ability to meet daily demands |
| 31. Pragmatism        | - | c. Individual freedom            |
| 32. Existentialism    | - | d. Inborn traits                 |
| 33. Socialization     | - | e. Enjoyable leisure activity    |
| 34. Recreation        | - | f. Learning social behaviour     |
| 35. Heredity          | - | g. Surrounding influences        |
| 36. Environment       | - | h. Increase in size              |
| 37. Growth            | - | i. Learning by doing             |
| 38. Cultural heritage | - | j. Lifelong process              |

(10 × 1 = 10 Marks)

\*\*\*\*\*