



'समानो मन्त्रः समितिः समानी'

**UNIVERSITY OF NORTH BENGAL**

B.A. Major 1st Semester Examination, 2023

**UPEDMAJ11001-PHYSICAL EDUCATION**

**HISTORY AND FOUNDATION OF PHYSICAL EDUCATION AND SPORTS**

Time Allotted: 2 Hours 30 Minutes

Full Marks: 60

*The figures in the margin indicate full marks.*

**GROUP-A**

1. Answer any **four** questions from the following: 3×4 = 12
- (a) State the aim of Physical Education.
  - (b) Write the importance of culture.
  - (c) Write about Olympic 'Motto'.
  - (d) Define Physical Education.
  - (e) Write the name of National Sports Schemes.
  - (f) What do you mean by Socialization?

**GROUP-B**

2. Answer any **four** questions from the following: 6×4 = 24
- (a) Write down the scope of Physical Education.
  - (b) Discuss the philosophy of Idealism.
  - (c) Write down the contribution of Vyayamshala.
  - (d) Write in short about Arjun Award.
  - (e) What do you mean by socialization through Physical Education?
  - (f) Write in short about 'Olympia – the site of ancient Olympics' and 'Olympics Torch'. 3+3

**GROUP-C**

3. Answer any **two** questions from the following: 12×2 = 24
- (a) Define culture. Describe the salient features of development of Physical Education in West Bengal during Post Independence period. 4+8
  - (b) What is society? Discuss need of Physical Education and Sports in modern life. 4+8
  - (c) Write about Olympic flag. Briefly discuss about Olympic movement in India. 4+8
  - (d) Discuss any two misconceptions of Physical Education. How did the misconceptions grow and sustain? 6+6

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