

QP CODE: 24900039



Reg No:.....

Name:.....

MAHATMA GANDHI UNIVERSITY, KOTTAYAM
FIRST SEMESTER MGU-UGP (HONOURS) REGULAR
EXAMINATION NOVEMBER 2024

First Semester

**Discipline Specific Core Course - MG1DSCPES100 - FOUNDATION OF PHYSICAL
EDUCATION AND RECREATION**

(2024 ADMISSION ONWARDS)

Duration: 1.5 Hours

Maximum Marks: 50

**Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Interest (I),
Appreciation (Ap), and Skill (S)**

*Students should attempt atleast one question from each course outcome to enhance their overall
outcome attainability.*

[Learning Domain][CO No(s)]

Part A

Multiple Choice Questions

Answer all questions

Each question carries 1 mark

- | | | |
|---|--|--|
| 1 | Physical education encompasses: | [K] [1] |
| | a) Physical development only | b) Emotional, social, and intellectual development |
| | c) Physical, emotional, social, intellectual development | d) None of the above |
| 2 | The ancient Olympic Games were held in honor of | [U] [2] |
| | a) Zeus | b) Apollo |
| | c) Athena | d) Hercules |
| 3 | The modern Olympic Games were revived in | [K] [2] |
| | a) 1896 | b) 1900 |
| | c) 1904 | d) 1908 |

- 4 The British colonial rule in India led to the decline of physical education due to [K] [2]
- a) Lack of funding and infrastructure b) Emphasis on intellectual development
- c) Focus on military training and warfare d) All of the above
- 5 What is the primary relationship between physical education and general education [K] [3]
- a) Separate entities b) Interconnected disciplines
- c) Physical education supplements general education d) General education supplements physical education
- 6 Physical education improves which aspect of cognitive function [U] [3]
- a) Memory b) Concentration
- c) Attention d) All of the above
- 7 Skill acquisition refers to: [U] [6]
- a) The ability to perform a motor skill with proficiency b) The process of learning a new motor skill
- c) The development of physical fitness d) All of the above
- 8 To improve motor learning, it is important to: [K] [6]
- a) Practice regularly b) Seek feedback
- c) Set realistic goals d) All of the above
- 9 What is the main benefit of outdoor activities like hiking and camping for physical education? [K] [7]
- a) Improved coordination b) Increased flexibility
- c) Enhanced cardiovascular health d) All of the above
- 10 Which of the following is a fundamental skill for orienteering? [K] [7]
- a) Map reading b) Rock climbing
- c) Swimming d) Horseback riding

(10 × 1 = 10)

Part B

Short Essay Type Questions
Answer 10 questions
Each question carries 2 marks

- 11 Discuss the relationship between physical education and recreation. [K] [1]

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|----|---|-----|-----|
| 12 | Explain the significance of the 1960s fitness movement in physical education. | [U] | [2] |
| 13 | What is the role of the Sports Authority of India (SAI) in promoting physical education? | [A] | [2] |
| 14 | Explain why physical education is essential for all ages. | [K] | [3] |
| 15 | Clarify the difference between physical education and physical activity. | [K] | [3] |
| 16 | How does pragmatism emphasize the connection between physical education and individual goals? | [U] | [4] |
| 17 | How can idealism be applied to the design of physical education curricula? | [A] | [4] |
| 18 | How does idealism promote mental development through physical education? | [U] | [5] |
| 19 | What are some examples of realistic physical education activities? | [K] | [5] |
| 20 | What are some strategies for improving motor learning? | [K] | [6] |
| 21 | What are the potential applications of recreational therapy? | [U] | [7] |
| 22 | How can outdoor activities be adapted for individuals with different abilities? | [A] | [7] |

(10 × 2 = 20)

Part C

Essay Type Questions

Answer 4 questions

Each question carries 5 marks

- | | | | |
|----|---|-----|-----|
| 23 | Critically examine the definition and scope of physical education, highlighting its evolution and current trends. | [K] | [1] |
| 24 | Discuss the vedic period's contribution to physical education in India. | [K] | [2] |
| 25 | Explain why physical education is essential for women's empowerment. | [A] | [3] |
| 26 | Explain the relationship between philosophy and physical education. | [U] | [4] |
| 27 | How does existentialism emphasize individual choice and freedom in physical education? | [U] | [5] |
| 28 | Define motor learning theories. | [K] | [6] |

(4 × 5 = 20)

END OF THE QUESTION PAPER
