

2025

M.P.Ed. 1st Semester Examination

PHYSICAL EDUCATION

Paper : MPCC-101

[Foundation of Physical Education]

Full Marks : 100

Time : Three Hours

*The figures in the margin indicate full marks.
Candidates are required to give their answers
in their own words as far as practicable.*

Group - A

Answer any *five* questions : $2 \times 5 = 10$

1. What is the difference between "Play" and "Sports"?
2. Why is Physical Education important for health care and sports performance?
3. What is the difference between reaction time and response time?
4. Explain how incentives influence in socialization of a child.
5. Is over learning harmful in physical education programme?

P.T.O.

6. Why emotions are important in sports performance?
7. How reciprocal innervation improving physical performance through training?
8. State the influence of Akhada Movement in the independence movement in India.

Group - B

Answer any *four* questions : 15×4=60

9. Discuss Physical Education as a true profession. Explain the academic approach versus professional approach of Physical Education with suitable examples. 5+10
10. Discuss the philosophical foundations of Physical Education. Explain the concept of Pragmatism and its relevance to Physical Education. 7+8
11. Explain the meaning of growth and development. Discuss how age characteristics and gender differences influence physical development. 5+10
12. Define exercise homeostasis. Explain the process of homeo-kinetic adaptation and discuss why fatigue develops during prolonged physical activity. 4+11
13. Explain motor learning. Discuss the role of sensation and perception, S-R mechanism, and speed versus accuracy in motor skill performance. 3+12
14. Explain the sociological perspective of Physical Education. Discuss how socialization, co-action, and

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audience influence sports participation and moral character development. 6+9

15. Discuss the major developments of Physical Education during the Renaissance period. Explain the reasons for the decline of Physical Education during the Dark Ages.

9+6

16. Discuss about the status of physical education during the age of Feudalism. Make a sketch of physical education in India during medieval period.

5+10

Internal Assessment : 30 marks
