

Physical Education Foundations: History and Firsts

Physical Education Theory · Answer Key · 20 Questions

1. Who is credited with inventing the game of basketball in 1891?

- A) James Naismith**
- B) Amos Alonzo Stagg
- C) William G. Morgan
- D) Luther Gulick

2. Which sport did William G. Morgan invent in 1895 while working at the YMCA?

- A) Basketball
- B) Volleyball**
- C) Tennis
- D) Badminton

3. In which city were the first modern Olympic Games held in 1896?

- A) Paris
- B) London
- C) Athens**
- D) Rome

4. What type of exercise equipment did Gustav Zander invent in the late 19th century to provide resistance training?

- A) Dumbbells
- B) Exercise machines**
- C) Treadmills
- D) Elastic bands

5. Who founded the 'Turnverein' movement, which emphasized gymnastics for physical education in Germany?

- A) Friedrich Ludwig Jahn**
- B) Per Henrik Ling
- C) Thomas Arnold
- D) Catherine Beecher

6. The first standardized physical education program in the United States was introduced at which institution?

- A) Harvard University
- B) Round Hill School**
- C) West Point
- D) Yale University

7. Who developed the 'Swedish System' of gymnastics in the early 19th century?

- A) Per Henrik Ling**
- B) Johann GutsMuths
- C) Franz Nachteggall
- D) Herbert Spencer

8. What was the first major international sporting event to use a standardized set of written rules for all competitors?

- A) The FIFA World Cup
- B) The modern Olympic Games**
- C) The first Wimbledon tournament
- D) The Tour de France

9. Which invention allowed for the measuring of heart rate during exercise for the first time in consumer history?

- A) The pedometer
- B) The heart rate monitor**
- C) The scale
- D) The stopwatch

10. What is the name of the ancient Greek school where physical training was combined with intellectual study?

- A) Gymnasium**
- B) Lyceum
- C) Academy
- D) Forum

11. Which individual is often called the 'Father of Physical Education' in the United States for his early advocacy?

- A) Edward Hitchcock**
- B) Dudley Sargent
- C) Catharine Beecher
- D) William Anderson

12. The 'Pedometer' was invented by which famous historical figure to measure distance traveled?

- A) Leonardo da Vinci
- B) Isaac Newton
- C) Benjamin Franklin
- D) Thomas Jefferson**

13. Which sport was the first to be included in the modern Olympic Games for women in 1900?

A) Golf

B) Tennis

C) Swimming

D) Archery

14. What was the original purpose of the 'calisthenics' movement popularized in schools in the 1800s?

A) To build muscle mass

B) To improve posture and health

C) To train for war

D) To play competitive sports

15. Who introduced the first formalized physical education training for women in the United States at the Hartford Female Seminary?

A) Catharine Beecher

B) Dio Lewis

C) Edward Hitchcock

D) Delphine Hanna

16. The 'Stopwatch' was first used in sports timekeeping to measure the results of what activity?

A) Horse racing

B) Sprinting

C) Swimming

D) Cycling

17. In the 1860s, who invented the 'bean bag' as a piece of safe, indoor physical education equipment?

A) Dio Lewis

B) Edward Hitchcock

C) Per Henrik Ling

D) Friedrich Jahn

18. What is considered the first professional sport to have a formal league established in the United States?

A) Baseball

B) Football

C) Basketball

D) Ice Hockey

19. Which nineteenth-century system of exercise focused on 'light gymnastics' with wands, rings, and bean bags?

A) The New Gymnastics

B) The Swedish System

C) The German Turnverein

D) The Danish System

20. The first official 'Physical Education' department in a US college was established at which university in 1861?

A) Amherst College

B) Harvard University

C) Princeton University

D) Brown University