

**Avinashilingam Institute for Home Science and Higher Education for Women**  
[ Deemed to be University ] Coimbatore – 641 043

**Bachelor's Degree Examination – November 2018**

**Semester III**

**Class : II UG**

**Time : 3 Hours**

**Major : Physical Education**

**Max. Marks : 100**

**15BPEC09 Theory of Games and Sports – III**  
**[Track and Field and Football ]**

**Part – A**

**10 x 1 = 10**

**Choose the Correct Answer**

1. The faster runner in relay usually runs in
  - a. first leg
  - b. second leg
  - c. third leg
  - d. fourth leg
2. How many throws does each competitor usually take in the finals of the discus throw
  - a. one
  - b. three
  - c. six
  - d. three and six
3. Height of the 100 mts Hurdle should be
  - a. .94 mts
  - b. .84 mts
  - c. 1 .04 mts
  - d. 1.20 mts
4. Total Number of Hurdles in 400 mts
  - a. 10
  - b. 14
  - c. 12
  - d. 9
5. Length of the take – off board in long jump
  - a. 1.22 mts
  - b. 1.25 mts
  - c. 1.80 mts
  - d. 2.20 mts
6. Hitch – kick style is used in
  - a. High - jump
  - b. long - jump
  - c. triple jump
  - d. pole vault
7. The radius of circle in shot - put
  - a. 1.135 mts
  - b. 1.80 mts
  - c. 2.135 mts
  - d. 2.50 mts
8. Height of the foot ball post from the floor
  - a. 2.84 mts
  - b. 2.44 mts
  - c. 1.94 mts
  - d. 3.34 mts
9. Western roll style is used in
  - a. discuss throw
  - b. long jump
  - c. high jump
  - d. shot - put
10. World record of distance discus throw for men
  - a. 84.85 mts
  - b. 74.08 mts
  - c. 60 mts
  - d. 80 mts

Answer the following

Answer should not exceed 400 words or two pages

- 11.a. Define : IAAF (Or)
- 11.b. Draw a neat diagramme of long jump pit and its measurements.
- 12.a. Draw a neat diagramme of shot – put sector with specification. (Or)
- 12.b. List down the equipments in track – events.
- 13.a. Give specific drills for sprint event. (Or)
- 13.b. Explain and basic skills in foot ball.
- 14.a. List down the duties of officials in long - jump. (Or)
- 14.b. List down the duties of officials in shot - put
- 15.a. Define any two skills in high – jump. (Or)
- 15.b. List down the duties of officials in sprint event.

Part – C

5 x 12 = 60

Answer the following

Answer should not exceed 800 words or four pages

- 16.a. History and origin of foot ball. (Or)
- 16.b. Explain AIFF and AFI. (Or)
- 17.a. Draw a hurdle with specification. (Or)
- 17.b. Draw a High Jump cross bar and up rights with specification. (Or)
- 18.a. Draw a discuss throw sector and its measurements. (Or)
- 18.b. List down the training for long distance runner. (Or)
- 19.a. Give specific training for foot ball. (Or)
- 19.b. How to develop the lower extremity. (Or)
- 20.a. Give specific training for middle distance runner. (Or)
- 20.b. Write the mechanism of officiating in foot ball. (Or)

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