

18BPPEC02 – Theory of Games and Sports – I
(Kho-Kho, Throwball and Gymnastics)

Course Outcomes:

1. Understanding the basic knowledge about different games
2. Ability to compete in competitions
3. Expertise Technically and ability in officiating
4. Applying the knowledge of skills and technique
5. Analyzing the advance skills in various games

Part A

Choose the right answer

5x1=5

1. TFI means -----

CO1K1

a. Indian Federation of Throw Ball b. Federation of Throw Ball Association

c. Throw ball Federation of India d. Throw ball Association of India

2. Kho Kho game was first demonstrated at -----

CO2K2

a. Berlin b. London c. Moscow d. Paris

3. Asian Kho Kho Federation (A.K.K.F) was established in the year

CO3K3

a. 1987 b. 1986 c. 1968 d. 1978

4. In Throwball both a teams are equal points, what is the set point?

CO1K4

a)15 b) 16 c) 17 d) 18

5. Duration of time outs in Throw ball _____

CO4K3

a. Sixty seconds b. Forty seconds c. Thirty seconds d. Forty five seconds

Part B

Answer the following in one or two sentence

5x2=10

6) What does the term gymnastics stand for?

CO1K1

- 7) Explain follow on kho kho C02K2
- 8) Define Flexibility CO3K3
- 9) Define Throwball skills CO1K4
- 10) Explain sequence of performance on apparatus in gymnastics CO4K3

Part C

Answer should not exceed 200 words or One Page

3 X 5 = 15

- 11) a. List out the physical and mental qualities required of a good gymnast (OR) CO1K1
- b) Give reason for laying kho kho court, east west rather than north south as in case of other games CO4K3
- 12) a. define scoring system, time outs and substitution in throw ball (OR) CO2K4
- b) Estimate fitness requirement for a gymnastics CO4K4
- 13) a. how many officials are in throw ball and describe the duties (OR) CO2K4
- b).give a brief historical account of gymnastics CO1K1

Part D

Answer should not exceed 700 words or four pages

2X 15 = 30

- 14) a. Explain official duties in kho kho? (OR) CO2K2
- b) Explain any five gymnastic skills CO3K3
- 15) a. Explain official duties in throwball (OR) CO4K3
- b) Describe and explain skills in kho kho CO2K3

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