



**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)  
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Bachelor's Degree Examination – June 2021**  
**IV Semester**

**Class : II UG**  
**Major : Physical Education**

**Time: 3 Hours**  
**Max. Marks: 100**

**18BPEC15 Theory of Games and Sports-IV**  
**(Track & field, Badminton and Table Tennis)**

**PART A**  
**Choose the Correct Answer**

**10 x 1 = 10**

1. Weight of the shuttlecock is  
a. 4.74 to 5.50 gm  
b. 4.71 to 4.66 gm  
c. 3.77 to 4.34 gm  
d. 4.10 to 4.15 gm
2. The radius of hammer throw circle is  
a. 1.35m  
b. 1.067m  
c. 1.31m  
d. 1.28m
3. Height of the men 110m hurdles is  
a. 1.067m  
b. 0.90m  
c. 0.914 m  
d. 0.90 m
4. In what year did table tennis become an Olympic sport?  
a. 1955  
b. 1966  
c. 1977  
d. 1988
5. In 400m hurdles how many hurdles an athlete go over in each lane.  
a. 11  
b. 12  
c. 9  
d. 10
6. What is the colour of the scratch line men's 4x100m relay ?  
a. White  
b. Green  
c. Blue  
d. Red
7. Volleys of table tennis are  
a. Allowed  
b. Not allowed  
c. Partially allowed  
d. Partially not allowed
8. How many rules in Badminton?  
a. 10  
b. 11  
c. 12  
d. 13
9. Essential Qualification of the coach is  
a. Diploma in sports coaching  
b. Certificate in coaching  
c. With M.Phil&Ph.D  
d. A&B
10. NIS means  
a. National institute of sports  
b. Notes insports  
c. National information in sports  
d. National instate scheme

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Write the history of badminton  
(or)  
11.b. Write the mechanisms of pole-vault.  
12.a. Draw the sector of triple jump with all the measurements  
(or)  
12.b. Draw the sector of javelin throw with all the measurements  
13.a. Write the Five drills to develop Triple jump.  
(or)  
13.b. Write the Five drills to develop table tennis.  
14.a. Write the rules and regulations of badminton  
(or)  
14.b. Write the rules and regulations of Hurdles.  
15.a. Briefly write about the qualities of a good coach  
(or)  
15.b. What are the qualifications of the coaches

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Draw badminton court with measurements and write down the fundamental skills with explanation.  
(or)  
16.b. Draw a diagram of javelin, hammer throw and pole-vault sectors with all the specifications.  
17.a. Narrate all the field events with suitable examples.  
(or)  
17.b. Explain the rules of triple jump.  
18.a. Explain the fundamental skills of hurdle and relay events.  
(or)  
18.b. Explain the fundamental skills of table tennis and hammer throw.  
19.a. Explain the rules of hurdles and pole vault.  
(or)  
19.b. Explain the rules of badminton and javelin.  
20.a. Explain the principles of officiating .  
(or)  
20.b. Explain the system officiating of badminton and table tennis.

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