



Mavinur

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

Continuous Internal Assessment Test I – February 2023
IV SEMESTER

Class : II UG
Major : Physical Education

Time : 2 hours
Max. Marks : 60

21BPEC15 – THEORY OF SPORTS AND GAMES
(TRACK & FIELD, BADMINTION, AND TABLE TENNIS)

Course Outcomes:

- CO1: Equip the student with the fundamental skill and knowledge to design his /her own training program
CO2: Aims to provide students with the basic sports science knowledge and skill of running, jumping and throwing
CO3: Appreciate track and field events by applying sports science knowledge to explain the execution of the events
CO4: Obtaining knowledge of the basic teaching rules and regulations of the various events
CO5: Verbalise the rules and regulations of each event

PART – A

Choose the Correct Answer

6 x 1 = 6

1. A type of outdoor track is how many meters in length _____ CO1K1
a. 100 b.200 c.300 d.400
2. Which of the following throwing events in athletics not performed with a safety cage _ CO2K1
a) Discus b) hammer throw c) shotput d) javelin
3. In a 400m hurdles race how many hurdles do athletes have to jump over? _____ CO3K2
a) 8 b) 10 c) 20 d) 9
4. How many runners are there in each team in a relay race? CO2K4
a)4 b)5 c) 6 d)8
5. How many lanes are there in a type running track CO3K4.
a)4 b)8 c) 12 d) 14
6. Which of the following athletic events was played in the accient olympic _____ CO3K3
a) Discus b) pole-vault c) steeplechase d) triple-jump

PART – B

Answer all Questions

3X6 = 18

Each answer should not exceed 400 words or two

7. a. Describe about the Origin of the Track &and filed? CO1K2
(or)
7. b. Explain the origin of Badminton CO1K2
8. a explain various techniques pole-vault? (or) CO2K3
8. b. briefly writes about the triple jump CO3K3
- 9 a. Write about the javelin (or) CO3K4
9. b. briefly writes about the hurdles CO4K4

PART – C

Answer all Questions

3X 12 = 36

Each answer should not exceed 800 words or four pages

10. a draw the track 40 mts Playing area. CO1K3
(or)
- 10 b. draw the badminton? CO1K2
11. a. draw the table tennis playing area CO2K4
(or)
- 11b. draw the track and field hurdle events 100mts and 110mts CO3K2
12. a. Explain techniques &tactics badminton? CO3K5
(or)
12. b. draw the hammer throw sector CO4K2

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