



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 – November 2019

Semester I

Class : IUG
Major : Physical Education

Time : 3 Hours
Max.Marks: 100

18BPEC02 Theory of Games and Sports – I
(Kho – kho, Throwball and Gymnastic)

Part - A

Choose the Correct Answer

10 x 1 = 10

- The rules about taking the direction and receding shall not be applicable in the
 - Touch zone
 - Central lane
 - Cross lane
 - Free zone
- If a batch of 3 Defenders is given out as late entry, the referee shall allow the next batch to enter in the field within ----- seconds.
 - 5
 - 30
 - 10
 - 15
- How many players will take the field in the beginning of the to start the match.
 - 9
 - 7
 - 12
 - 15
- In kho – kho team consists of ----- players.
 - 12
 - 9
 - 15
 - 8
- The playing court diamention of throw ball for senior & Junior categories
 - 18 x 9 mts
 - 18 x 12 mts
 - 18.30 mts. X 12.20 mts
 - 13 x 10 mts
- When active chaser delays in the touch for giving kho to another called.
 - Late – kho
 - Minus – Kho
 - Line – cut
 - Early getup
- The two parallel lines from one pole to other called.
 - cross lane
 - central lane
 - lobby
 - free zone
- The players of opposing team who save themselves from being touched by chaser called.
 - runner
 - chaser
 - dodging
 - changing the direction
- In throw ball each set of match consists of ----- points.
 - 20
 - 18
 - 15
 - 25
- In artistic events performed on an apparatus, men compete on the
 - Floor and Pommel horse
 - Rings and vault
 - Parallel bars and Horizontal bars
 - All the above

Part – B

5 x 6 = 30

Answer the following

Answer should not exceed 400 words or two pages

- 11.a. Discuss the origin of the game of kho – kho.
(Or)
- 11.b. Draw a neat diagram throw ball court and mention the specification.
- 12.a. Explain the development of game of kho – kho.
(Or)
- 12.b. Explain the duties and responsibilities of kho – kho officials.
- 13.a. Explain about tactical preparation in throw ball players.
(Or)
- 13.b. Briefly explain the duties of official in throw ball .
- 14.a. Briefly explain the fundamental skills in Kho – kho.
(Or)
- 14.b. Briefly explain the fundamental skills in throw ball.
- 15.a. Explain the basic conditioning drills for kho – kho players.
(Or)
- 15.b. Briefly explain the fundamental skills in Gymnastics.

Part – C

Answer the following

Answer should not exceed 800 words or four pages

5 x 12 = 60

- 16.a. Explain the various types of gymnastics and its rules.
(Or)
- 16.b. Draw the diagram of kho – kho court with all measurements?
- 17.a. Explain the mechanism of officiating in kho – kho.
(Or)
- 17.b. Explain the duties and responsibilities for Gymnastic officials?
- 18.a. Explain the various types of techniques and tactics in kho – kho.
(Or)
- 18.b. Discuss the rules of play in throw ball.
- 19.a. Explain the conditioning exercise in throw ball.
(Or)
- 19.b. Discuss the rules of play in throw ball.
- 20.a. Discuss the officiating signals in kho – kho with diagram.
(Or)
- 20.b. Explain the scoring method of gymnastics.
