

**Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore –
641 043**

Continuous Internal Assessment Test II – February 2021

Class : I BSc

Major : Physical Education

Max Marks: 30

**18BPEC02 Theory of Games and Sports
(Kho-Kho, Throwball & Gymnastics)**

Course Outcomes

CO1: Understanding the basic knowledge about different games

CO2: Ability to compete in competitions

CO3: Expertise technically in officiating

CO4: Applying the knowledge of skills and technique

CO5: Analysing the advance skills in various games.

Part – A

Answer **all** the questions

6X 1 = 6

1. Floor dimensions in gymnastics
a)10*10 b)12*12 c)16*16 d)14*14 C03K1
2. What is the colour of the Warning Card used in Throwball?
A)Blue B)Black C)Red D)Yellow C03K2
3. Number of events performed in women artistic gymnastics is
a)2 b)3 c)4 d)5 C04K3
4. How many players in kho-kho team?
a)12 b)9 c)10 d)11 C03K1
5. What is the old name of kho-kho?
A)Atcham B) Rathas c)chakras d)bandhas C03K3
6. How many squares are there in Kho -Kho?
a)7 b)8 c)6 d)10 C04K4

Part – B

Answer any two questions and it should not exceed 400 words

2 X 6 = 12

7. Briefly state the Phases in Gymnastics? C05K4
8. Describe the dress code of gymnast both men and women in gymnastics? CO2K4
9. What is the importance of Kho -Kho in school C01K5
10. What are all the awards given to Kho- Kho players and state offensives skills? C05K3

Part – C

Answer any one and it should not exceed 800 words

1 X 12 = 12

- 11 Enumerate the equipment's specifications of Rhythmic Gymnastics event? C04K5
- 12 Write the application of rules in Kho - Kho matches C05K6