



Mallikarjuna

**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 2024**  
**VI SEMESTER**

**Class : III UG**  
**Major : Physical Education**

**Time : 2 hours**  
**Max. Marks: 60**

**21BPEC30 Theory of Games and Sports – VI**  
**(Volleyball and Softball)**

**Course Outcome:**

CO1: Students are able to apply personal skills (including serving, overhand passing, underhand passing, spiking and blocking) in modified games.

CO2: Provide opportunities for students to make self and peer assessment to enhance collaborative learning.

CO3: Understanding of the teaching/coaching techniques

CO4: Expertise in teaching basic skill and advance skill in softball

CO5: Creates Opportunity to officiate in different tournaments.

**Part A**

**Answer all the questions**

**1 x 6 = 6**

1. When the ball hits the floor on one side of the net, it counts as a point for the other team. What type of scoring is this called? CO1K1  
a. Point                      b. Rally                      c. Field                      d. Time
2. How many sets are in a volleyball game? CO2K2  
a. 5                              b. 3                              c. 4                              d. 6
3. In which way do the teams rotate ? CO1K3  
a. Clockwise                  b. Counter-Clockwise      c. They do not rotate      d. Anti- Clockwise
4. The shape of the Home Plate is CO3K4  
a. Hexagon                      b. Rectangle                      c. Square                      d. Pentagon
5. Numbers of players in softball game is CO2K1  
a. 9                              b. 7                              c. 10                              d. 8
6. When a pitcher throws \_\_\_\_\_ balls, does the batter get a free walk/run? CO1K3  
a. 2                              b. 3                              c. 4                              d. 5

**Part B**

**3 x 6 = 18**

**Answer all the questions**

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

- 7 (a) What is the objectives of Volleyball game CO3K2  
(or)
- 7 (b) Explain about the substitution procedure in Volleyball game CO3K2
- 8 (a) Write about the position of Volleyball players CO2K4  
(or)
- 8 (b) Describe the Softball bat specification CO4K4
- 9 (a) Write about the position of Softball players CO2K3  
(or)
- 9.(b) Explain about the specification of Home plate CO3K3

**Part C**

**3 x 12 = 36**

**Answer all the questions**

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

- 10 (a) Draw a neat diagram of Volleyball court and with its specifications CO2K1  
(or)
- 10(b) Explain the rotational procedure in Volleyball CO1K3
- 11(a) Draw a neat diagram of Softball field with all its measurements CO2K3  
(or)
- 11(b) Describe the batting procedure in Softball CO2K4
- 12(a) Explain the History of Volleyball Game CO3K3  
(or)
- 12 (b) write about the Fundamental skills in Volleyball CO2K5

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**No of Copies : 30**

**Staff In charge :Dr. T.Shanmugavalli, Mrs. A.Kiruthika**