



Sambal

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 (now MoE)
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II–April 2026
VI Semester

Class : III BSc

Major : Physical Education

Time: 2 hours

Maximum Marks: 60

23BPEC22 - Officiating and coaching -II

Course Outcomes:

1. Understand the dimensions and measurements of the games.
2. Describe the rules and regulations of the games.
3. Able to understand the role of a coach as a mentor.
4. Identify and implement risk management strategies for the well-being of athletes, spectators and Officials.
5. Apply the concept of coaching and officiating.

Part - A

6 x 1 = 6

Choose the Correct Answer

1. Officiating in sports refers to CO1 K3
 - a. Playing the game
 - b. Managing the game according to rules
 - c. Coaching the team
 - d. Organizing tournaments
2. TA stands for CO2 K3
 - a. Travel Allowance
 - b. Training Activity
 - c. Team Agreement
 - d. Tournament Authority
3. Integrity in sports refers to CO3 K2
 - a. Cheating in games
 - b. Honesty and fairness
 - c. Fighting
 - d. Ignoring rules
4. The standard duration of a football match is CO1K3
 - a. 60 minutes
 - b. 70 minutes
 - c. 90 minutes
 - d. 120 minutes
5. The philosophy of coaching mainly focuses on CO2 K1
 - a. Winning at any cost
 - b. Developing athletes physically and mentally
 - c. Entertainment
 - d. Business profit
6. DA means CO3 K2
 - a. Daily Allowance
 - b. Development Activity
 - c. Department Authority
 - d. Director Allowance

Part - B

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Write the general duties of a coach CO3 K2
(or)
7. b. Explain the importance of warming up and its type CO2K3
8. a. Describe the rules and officiating mechanism in Kho Kho. CO1K3
(or)
8. b. Describe the rules and officiating of Kabaddi CO5K4
9. a. Explain the psychology of competition in sports coaching. CO4K3
(or)
9. b. Write short notes on offensive and defensive strategies in sports CO3K3

Part - C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Explain the role of a coach as a mentor in developing athletes' physical, psychological, and social qualities. CO2K3
(or)
10. b. Explain the measures required to improve the standards of officiating and coaching in modern sports. CO3 K3
11. a. Discuss the leadership qualities and communication skills required for an effective coach. CO4 K4
(or)
11. b. Describe the role of lead-up games and recreational games in skill development and training programs with example CO4 K3
12. a. Explain the eligibility rules for intercollegiate and inter-university tournaments. CO1K4
(or)
12. b. Describe the process of preparing TA and DA bills for a Judo team participating in an inter-university tournament CO2 K3

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Staff in-charge: Mrs.V.Preethi