

Class : II B.P.Ed
Major : Physical Education

Time : 2 Hrs.
Max Marks: 60

15BPPDC26 - Officiating and Coaching

Part – A

Circle the Correct Answer

5X 1 = 5

1. Which one of the following is a health screening test?
a) Sit and reach test b) 30m sprint test
c) Blood pressure test d) Cooper's 12 minute run test
2. Which of the following is an example of extrinsic motivation?
a) Trying to beat personal best in a 100m sprint
b) Participating in badminton for enjoyment
c) Wanting to swim a length of the swimming baths to gain a badge
d) Taking up aerobics to get fitter
3. Why is feedback on performance especially important?
a) It discourages poor performers b) It increases competition
c) It sets a personal best target d) It helps to improve technique
4. Which one of the following is not a good reason for goal setting?
a) To be more motivated (b) To control anxiety
c) To make the game more realistic (d) To measure progress
5. Which one of the following is an example of an important role of an official in physical activities?
a) To help performers' fitness levels b) To ensure that rules are followed correctly
c) To make money d) To ensure that the right tactics are used

Part – B

Answer the following in two or four lines

5 X 2 = 10

6. Define Coaching
7. Define Officiating
8. Define Sports and Games
9. Define Organisation
10. Differentiate Spectator and Fan

Part – C

Answer the following

Answer in two pages or do not exceed 200 words

3X5=15

11.a. Write the importance of Officiating?

Or

11. b. Enumerate the responsibilities of Official during match

12. a. Write the philosophy of Officiating?

Or

12.b. How to improve the standards of Coaching?

13.a. Write the measures to improve the standards of Officiating?

Or

13.b. Explain the relationship of official and coach with organising committee

Answer the following

Part – D

Answer in Four pages or do not exceed 700 words

2x15 = 30

14.a. Explain the Philosophy of Coaching

Or

14.b. How the coach will become a mentor?

Or

15.a. Explain the duties of Coach in pre, during and post game

15.b. Write the psychology of competition and Coaching?