



Mallikarjuna

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

Continus Internal Assessment – I (February 2023)
Semester I

Class : II BPEd

Time : 2 Hrs.

Major : Bachelor of Physical Education

Max Marks: 60

21BPDC27 Theory of Sports and Games (Track & Field, Games)

Course Outcomes:

CO1: Know the fundamental of all the games and sports

CO2: Understand the rules of all the games and sports

CO3: Preparing the students for the competition

CO4: Classify the students accordingly for various games and sports

CO5: Design and practice the new methods of technique and training

PART – A

Choose the Correct Answer

6 x 1 = 6

1. All forms of athletics are individual except which event _____ COIKI
a. Cross country b. relay racing c. 400mts hurdles d. 400mts run
2. Which of the following throwing events in athletics not performed with a safety cage CO2K1
a) Discus b) hammer throw c) shot put d) javelin
3. How often is the world athletics championship held? _____ CO3K2
a) every year b) every two year c) every four years d) every five years
4. What are events involves throwing a heavy ball? CO2K4
a) Shot put b) 100 metres dash c) long jump d) high jump
5. How many lanes are there in a type running track CO3K4.
a) 4 b) 8 c) 12 d) 14
6. Which of the following is a field event? CO3K3
a) 1500 meters b) 1600mts c) javelin d) 200mts

PART – B

3X6 = 18

Answer all Questions

Each answer should not exceed 400 words or two

7. a. Describe about the Origin of the Track & field? CO1K2
Or
7. b. Explain the origin of Badminton CO1K2
8. a. explain various techniques pole-vault? CO2K3
Or
8. b. briefly writes about the triple jump . CO3K3
- 9 a. Write about the javelin CO3K4
Or
9. b. briefly writes about the hurdles CO4K4

PART – C

3X 12 = 36

Answer all Questions

Each answer should not exceed 800 words or four pages

10. a. draw the track 400 mts Playing area. CO1K3
Or
- 10 b. draw the badminton? CO1K2
11. a. draw the table softball playing area CO2K4
Or
- 11b. draw the track and field hurdle events 100mts and 110mts CO3K2
12. a. Explain techniques & tactics badminton? CO3K5
Or
12. b. draw the hammer throw sector CO4K2