

Avinashilingam Institute for Home Science and Higher Education for women

Coimbatore – 641 043

Continuous Internal Assessment Test I – August 2018

Class : II Bsc

Time : 2 hours

Major: Physical Education

Max.marks :60

15BPEC09 -Theory of Games and Sports -III

PART – A

Circle the Correct Answer

5x1=5

1. Weight of the football is _____
a) 400-453gm (b) 396-453gm (C) 410-443gm (d) 400-443gm
2. When was FIFA formed _____
a) 1904 (b) 1900 (C) 1912 (d) 1924
3. In which year was Indian Football association started
a) 1930 (b) 1937 (c) 1950 (d) 1925
4. The distance of marathon race is
a) 41.195km (b) 42.195km (c) 43.195km (d) 44.195km
5. The weight of men and women shot put is
a) 7.00kg and 4kg (b) 7.20kg and 4.50kg
(c)7.26kg and 4kg (d) 7.36kg and 4.50kg

PART – B

Answer the following in one or two sentence

5x2=10

6. What is the duration of football match?
7. Write the Specification of Corner Flag in Football?
8. Write the specification of men Shot put?
9. Write any two Sprint Event?
10. Write any four basic skills in Football?

PART - C

3x5=15

Answer the following (one page)

11. (a) Write notes on Elongated start?
(b) Draw a neat diagram of Long jump pit and measurement
12. (a) Explain: FIFA, AFFF, IAAF,AAA, AFI
(b) Explain the players position in Football
13. (a) Draw a neat diagram of Shot put sector and measurement
(b) Explain any two basic skills in football

PART - D

Answer the following (six pages)

2x15=30

14. (a) Explain the History of Long jump and Shot put
(b) Explain the Equipment Specification and Players Equipments in football
15. (a) History of Foot ball
(b) Draw a neat diagram of Football Field and Post Measurement