



24.4.24
Munir*

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

Class : II BSc

Time : 2 Hours

Major : Physical Education

Max Marks: 60

21BPEC15 Theory of Games and Sports-IV
(Track & Field, Badminton and Table Tennis)

Course Outcomes

- CO1: Understand training as performance based science
CO2: Explain different means and methods of various training
CO3: Prepare training schedule for various sports and games
CO4: Appraise types of periodization for performance development
CO5: Create various training facilities and plans for novice to advance performer

Part - A

Answer all the questions

6X 1 = 6

1. Relay races are of two types. Which of the following is / are those types? CO1 K3
i. 400 mts relay ii. 1600 mts relay
a. only i b. only ii c. both i and ii d. neither i or ii
2. What is the standard distance for each leg of a 4x100 meter relay race? CO1 K3
a) 80 mts b) 100 mts c) 110 mts d) 120 mts
3. What is the shortest hurdle event in olympic races for men? CO1 K2
a. 400 mts b. 300mts c. 110 mts d. 100 mts
4. A foul in table tennis is CO4 K3
(a) Touching the table (b) Cupping the ball while serving
(c) Touching the net (d) All of the above
5. What is the length of badminton court for single competition? CO2 K3
(a) 16.2 meter (b) 13.40 meter (c) 14.63 meter (d) 13.80 meter
6. Who gets the point when a let occurs on a serve? CO1 K4
(a) The server (b) The defender (c) No one (d) Everybody

Part - B

Answer any one and it should not exceed 800 words

3X6=18

- 07 a. What is the basic objective of relay races and state the role of anchor runner in relay races? CO2 K4
Or
b. Draw a relay baton and state its specifications
- 08 a. Draw a hurdle and specify with stipulated measurement. CO3 K3
Or
b. list down the lead up activities for Badminton CO2 K3
- 09 a. Draw a neat diagram of Badminton court with specification CO3 K5
Or
b. What are the rules of table tennis in single play? CO2 K4

Part C

3X12=36

- 10 a) Elaborate the techniques of lead and trail leg in hurdles CO3 K1
or
b) Pinpoint the national records of hurdle races for both men and women of India CO3 K4
- 11 a. State clearly the techniques involved in Javelin throw CO4 K3
Or
b. (a). Write about the history and rules of badminton in India CO4 K2
- 12 a. 10(a). Write the history, Origin, rules and development of the Table Tennis CO2 K3
Or
b. Enumerate the techniques and fouls of TT and lead up activities CO4 K5