

Avinashiligam Institute for Home Science and Higher Education for Women

Continuous Internal Assessment I – August 2018

Class : 1 BSc

Max Marks: 60

Time : 2 Hrs.

18BPE C02 – Theory of Games and Sports – I (Kho-Kho, Throwball and Gymnastics)

Course Outcomes:

1. Understanding the basic knowledge about different games
2. Ability to compete in competitions
3. Expertise Technically and ability in officiating
4. Applying the knowledge of skills and technique
5. Analyzing the advance skills in various games

Part A

Choose the right answer

5x1=5

1. Duration of time outs in Throw ball _____

CO2 K1

- a. 60sec
- b. 40sec
- c. 30sec
- d. 45sec

2. Ball falling in box zone is _____

CO3 K3

- a. Foul
- b. Not a foul
- c. Re-serve
- d. cancelled

3. The measurement of square in Kho Kho for women is _____

CO3 K3

- a. 20 x30 cm
- b. 30 x 35 cm
- c. 35 x 35 cm
- d. 35 x 25 cm

4. The diameter of the Kho Kho post is _____

CO3 K3

5.

- a. 8 – 10 cm
- b. 9 – 10 cm
- c. 10 cm
- d. 9 cm

5. No of time outs in kho-kho
a.2 b.1 c.4 d.Nil

CO4 K4

Part B

Answer the following in one or two sentence

5x2=10

6. Define the term carry in throw ball CO1 K1
7. Write the index formula in kho-kho CO2 K2
8. Write about the court measurements in throw ball CO1 K3
9. What is receding and to reach free zone? CO3 K3
10. Define lobby in kho-kho CO1 K1

Answer should not exceed 200 words or One Page 3 X 5 = 15

11. a) Explain the official terms Line cross, shifting and delay in throw ball. CO1 K1
(or)
b) Write any five rules in throw ball CO2 K2

12. a) Who is chaser, attacker, runner, defender and active defender. CO1 K3
(or)
b) Explain the Ground, Field, Court, Free zone, Entry zone and Team blocks with diagram. CO3 K2

13. a) Write about the safety measures for Gymnastics. CO4 K2
(or)
b) Write about the health benefits of Gymnastics CO4 K2

Part D

Answer should not exceed 700 words or four pages 2X 15 = 30

14. a) Draw the neat diagram of Kho-Kho court with its measurements. CO1 K2
(or)
b) Explain about origin and history of Kho Kho CO1 K2
15. a) Write the playing rules for Throwball CO3 K3
(or)
b) Draw the neat diagram of Throwball court with all its measurements CO1 K2