



Murugesu

**Avinashilingam Institute for Home Science and Higher Education for Women**

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)  
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Bachelor of Physical Education Degree Examination – May 2022  
IV Semester**

Class : II B.P.Ed.

Time : 3 Hours  
Max. Marks : 100

**18BPDC26 Officiating and Coaching**

**Course Outcomes:**

- CO1: Understand the concept and mechanism of officiating and coaching  
CO2: Describe the duties of coaches and officials  
CO3: Able to identify and implement risk management strategies  
CO4: Able to implement risk free environment for athletes, spectators and officials  
CO5: Able to analyse different training requirements for different sporting populations  
CO6: Able to apply the concept of officiating and coaching  
CO7: Understand the practical concept of officiating and coaching in sports & games

**Part A  
Choose the Correct Answer**

10 x 1 = 10

1. The major importance of officiating is/are CO1 K1
  - a. Leadership & Guidance
  - b. Safe and Fair Conduct
  - c. Decision Making
  - d. Positive Influence
2. The principle which governs the most for a coach or an official is CO2 K2
  - a. Subject Knowledge
  - b. Concentration & focus
  - c. Responsibility
  - d. Love & care
3. The role of a coach best suited off the field is CO4 K1
  - a. Father
  - b. Mentor
  - c. Mentee
  - d. Care taker
4. The coach shall be pro-active in the CO5 K1
  - a. Start of the game
  - b. Break time
  - c. Post-match
  - d. Last 5 mins
5. Good quality of an official is CO4 K2
  - a. Adapting to situation
  - b. Standing Neutral
  - c. Punishment
  - d. Coaching
6. The officiating method adopted in basketball game is CO6 K3
  - a. 3
  - b. 2
  - c. 5
  - d. 4
7. Expand NIS CO5 K2
  - a. National Institute of Science
  - b. National Institution of Sports
  - c. National Institution of Science
  - d. National Institute of Sports
8. As per latest AIU regulations, upper age limit for participation is CO4 K5
  - a. 25
  - b. +1, +2, +3 norms
  - c. 19
  - d. 27
9. Best offensive strategy in hockey is CO4 K2
  - a. 1 – 3- 1
  - b. 2 - 1 - 2
  - c. 1- 3 - 3
  - d. 1-2-3
10. Which component is considered the most important in warm-up CO3 K3
  - a. Strength
  - b. Power
  - c. Flexibility
  - d. Agility

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Mention the ways to improve the standard of officiating  
(or) CO1 K2
- 11.b. Mention the ways to improve the standard of coaching CO1 K1
- 12.a. Brief-out the duties of a coach post-game/training  
(or) CO2 K2
- 12.b. Brief-out the responsibility of a coach on-field. CO2 K2
- 13.a. Brief-out the philosophy of officiating.  
(or) CO3 K3
- 13.b. Describe the ethics in officiating. CO3 K4
- 14.a. Prepare a model TA/DA bill for the game of your choice.  
(or) CO6 K2
- 14.b. Mention the qualification of coach. CO6 K3
- 15.a. Brief-out defense strategy.  
(or) CO7 K3
- 15.b. Write about Integrity and values of sports? CO7 K4

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or fourpages**

- 16.a. Describe the concept of conditioning, warm up and cool down.  
(or) CO1 K2
- 16.b. Explain the importance of officiating in relation to the organizing committee. CO2 K5
- 17.a. Describe the responsibilities of an official on and off the field.  
(or) CO3 K5
- 17.b. Brief-out the psychology of coaching and its relation to effective sports participation. CO3 K4
- 18.a. Explain the mechanics of officiating positions.  
(or) CO5 K4
- 18.b. Explain the duties of official during and post-game. CO5 K4
- 19.a. Explain the qualities of a good official on and off the field.  
(or) CO4 K3
- 19.b. Mention the eligibility rules for participation in inter-university tournaments. CO4 K5
- 20.a. Mention the importance of recreational games and describe any one game of your choice.  
(or) CO7 K6
- 20.b. Mention the importance of lead-up games and describe any one game of your choice. CO6 K6

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