



*Kambalig*

**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 (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test I – February 2026**

**IV Semester**

**Class : II BPEd**

**Major : Physical Education**

**Time: 2 hours**

**Maximum Marks: 60**

**23BPDC27 - Theory of Sports and Games**

**Course Outcomes:**

At the end of the course, students will:

1. Understand the historical development and evolution of various games and sports.
2. Explain the preparation of playfields, standardized dimensions and equipment specifications.
3. Demonstrate skills and techniques with adherence to ethics and sportsmanship.
4. Apply rules, regulations and score sheet handling in competitive situations.
5. Evaluate the importance of fair play, safety and ethical behavior in sports performance

**Part - A**

**6 x 1 = 6**

**Choose the Correct Answer**

1. The systematic development of sports mainly started during the ? CO1 K3  
a. Ancient period      b. Medieval period      c. Modern period      d. Pre-historic period
2. The Length of a Cricket pitch is? CO2 K3  
a. 20 yards      b. 22 yards      c. 25 yards      d. 18 yards
3. Ball Badminton originated in CO3 K2  
a. Kerala      b. Tamil Nadu      c. Karnataka      d. Andhra Pradesh
4. what is Weight of a Hockey ball is? CO1 K3  
a. 120 g      b. 140 g      c. 156–163 g      d. 180 g
5. Penalty stroke in Hockey is taken from CO2 K1  
a. 5 m      b. 6.40 m      c. 7 m      d. 10 m
6. Width of a Volleyball net for men is CO3 K2  
a. 2.24 m      b. 2.30 m      c. 2.43 m      d. 2.50 m

**Part - B**

**3 x 6 = 18**

**Answer ALL Questions**

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

7. a. Write a short note on ethics of sports and sportsmanship. CO3 K2  
(or)
7. b. Write the importance of fair play in sports and the role of officials in sports competitions CO2 K3
8. a. Explain the origin, rules and skills of Kabaddi. CO1 K3  
(or)
8. b. Explain the basic skills of Cricket. CO5 K4
9. a. Explain the skills, techniques and rules of Tennikoit. CO4 K3  
(or)
9. b. Describe passing and shooting techniques in Basketball game? CO3 K3

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Describe the History given below games. CO2 K3  
i) volleyball ii) kabaddi iii) basketball
- (or)
10. b. Describe the Cricket ground preparation, pitch dimensions and markings? CO3 K3
11. a. Expansion: Compare the skills and rules of Volleyball and Football CO4 K4
- (or)
11. b. Draw a Handball court dimensions? CO4K3
12. a. Describe the official signals in Volleyball, basketball and football games. CO1K4
- (or)
12. b. Write an essay on the overall role of sports in developing character and personality. CO2K3

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