



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 an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continues Internal Assessment – II (October 2025)

Semester V

Class : III B.Sc

Time : 2 Hours

Branch : Physical Education

Max. Marks: 60

23BPEC18 - Officiating and Coaching –I

Course Outcomes:

1. Understand the dimension and measurement of the games and Athletics.
2. Describe the rules and Regulations of the games and Athletics.
3. Apply the art of coaching the sports team.
4. Able to organize and officiate the Track and Field events.
5. Apply the concept of coaching and officiating.

Part A

6 x 1 = 6

Choose the Correct Answer

1. Which of the following athlete events was played in the ancient's Olympic game
a) Discuss b) pole vault c) steeplechase d) javelin CO2K1
2. A type of outdoor track is how many meters in length.
a) 100 b) 200 c) 300 d) 400 CO3K1
3. Which of the following is the right sequence in the long jump?
a) Step,Hop,Jump b) Step,Jump,Hop c) Hop,Step,Jump d) Step,Step,Jump CO2K3
4. Marathon race distance -----?
a) 42.182km b) 42.195km c) 40km d) 41.832km CO2K4
5. who is Neeraj Chopra's current coach, appointed in late 2024?
a) Czech b) Jan Železný c) Dr.Klaus Bartonietz d) hendir jhon CO3K3
6. The 5K run is a long-distance road running competition over a distance of ----?
a)3.107 mi b) 3.106mi c)3.108 mi d) 3mi CO1K5

Part – B

3 X 6 = 18

Answer should not exceed 400 words or One Page

7. a. Draw a hammer throw sector
Or
7. b. Short notes : Specific conditioning for relay Drills? CO1K5
8. a. Brief about types and technical skills for shotput throw?
Or
8. b. Explain standard equipment and specifications of pole vault? CO1K3
9. a. List out the duties of track officials.
Or
9. b. what are key elements of javelin throw and draw the javelin sector? CO2K4
CO1K5

Part – C

Answer the following

3 X 12 = 36

Answer should not exceed 800 words or one page

10. a. Explain the types of 100mt starts and define any one technique? CO1K5
Or
10. b. Draw a 100mts hurdles and mark the position with measurement. CO1K5
11. a. Draw a neat diagram of a high jump with measurements and officials duties . CO1K3
Or
11. b. Explain wind assistance and difference between headwind and tailwind?. CO1K2
12. a. Describe the origin of the Olympic games ? CO1K5
Or
12. b. Draw a score sheet: any one jumping event and throwing event and describe the tiebreaking system. CO3K5

Staff In charge : Mrs.V.Preethi

No.of.copies : 35