



K. Sambath

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 II – April 2026
IV Semester

Class : II BPEd

Major : Physical Education

Time: 2 hours

Maximum Marks: 60

23BPDC27- Theory of Sports and Games

Course Outcomes:

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. Kabaddi was included in the Asian Games for the first time in
a. 1978b. 1982c. 1990d. 1994 CO1 K3
2. The height of the volleyball net for women is
a. 2.24 mb. 2.43 mc. 2.30 md. 2.50 m CO2 K3
3. The governing body of international football is
a. ICCb. FIHc. FIFAd. FIBA CO3 K2
4. In tennis, the score "Love" represents
a. One pointb. Zero pointc. Two pointsd. Three points CO1 K3
5. The diameter of a tennis ball is approximately
a. 6.35 – 6.67 cmb. 5.50 – 6.00 cmc. 7.00 – 7.50 cmd. 4.00 – 5.00 CO2K1
6. The Kho-Kho pole height from the ground is approximately
a. 100 cmb. 120 cmc. 130 cmd. 150 cm CO3 K2

Part - B

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Explain the history and development of Kabaddi in India. CO3 K2
(or)
7. b. Describe the dimensions and marking of a Kho-Kho court CO2 K3
8. a. Explain the skills and techniques used in Throw ball. CO1K3
(or)
8. b. Describe the rules and techniques involved in 100mt sprint. CO5 K4
9. a. Explain the standard equipment used in softball and their specifications. CO5 K3
(or)
9. b. Explain the basic rules and regulations of badminton CO3 K3

Part - C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Draw the diagram of a 400 m athletics track and explain the location of starting lines, finishing line, and relay exchange zones.. CO2 K3
(or)
10. b. Describe the score sheet preparation for following events? CO3 K3
i) 400mts ii) shotput throw iii) high jump
11. a. Explain the role of sports academies and government policies in promoting athletics at the national level. CO4 K4
(or)
11. b. Draw a neat diagram of the shot put sector and explain the specifications and marking of the throwing area? CO4 K3
12. a. Draw the diagram of a softball field and explain the dimensions CO1 K4
(or)
12. b. Explain the future scope of athletics in India and discuss the role of modern training technologies in improving athletic performance.. CO2 K3

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