



**Avinashilingam Institute for Home Science and Higher Education for Women**  
Deemed to be University under Category A by MHRD, Estd. u/s 3 of UGC Act 1956)  
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 – July 2020  
IV Semester

Class: II B.P. Ed

Time: 2 Hours  
Max. Marks: 50

**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: Identify and implement risk management strategies for the well-being of athletes, spectators and officials  
CO4: Analyse training requirements for different sporting populations  
CO5: Apply the concept of coaching and officiating

**Part A** **10 x 1 = 10**  
**Choose the Correct Answer**

- |   |                                |        |
|---|--------------------------------|--------|
| 1. The educational qualifications of a coach are  |                                | CO1 K1 |
| a. B.P.Ed.  | b. M.P.Ed.                     |        |
| c. NIS  | d. C.P.Ed.                     |        |
| 2. The meaning of officiating is  |                                | CO1 K2 |
| a. manage   | b. oversee                     |        |
| c. supervise  | d. judging                     |        |
| 3. One of the following is a health screening test. Identify that                         |                                | CO3 K4 |
| a. Sit and reach test   | b. 30m sprint test             |        |
| c. blood pressure test  | d. cooper's 12 minute run test |        |
| 4. Extrinsic motivation is  |                                | CO3 K2 |
| a. trying to beat personal best in a 100m sprint  |                                |        |
| b. participating in badminton for enjoyment   |                                |        |
| c. wanting to swim a length of the swimming baths to gain a badge                         |                                |        |
| d. taking up aerobics to get fitter   |                                |        |
| 5. Feedback is vital for performance for what reason.                                     |                                | CO4 K3 |
| a. Set personal best target   | b. Increases competetiveness   |        |
| c. Improves technique   | b. Discourage poor performers  |        |
| 6. Identify from the following the least important way to learn physical activity skills. |                                | CO4 K3 |
| a. Trial and error  | b. Copy role model             |        |
| c. Practice hard  | d. Reading a coaching manual   |        |
| 7. The example of sponsorship is  |                                | CO4 K4 |
| a. TV advertising for a sports drink  |                                |        |
| b. Health campaign in the local newspaper   |                                |        |
| c. A drinks company giving money for a fun run event                                      |                                |        |
| d. Money paid to a professional footballer  |                                |        |

- |   |                         |        |
|---|-------------------------|--------|
| c. be realistic                               | d. measure progress     |        |
| 9. The Qualities of a coach are               |                         | C05 K2 |
| a. Good leadership                            | b. partial              |        |
| c. Inconsistency                              | d. Not Neutral          |        |
| 10. Role of an official in the competition is |                         | C05 K2 |
| a. improve fitness                            | b. follow norms         |        |
| c. make money                                 | d. ensure right tactics |        |

**Part B**

**3X6=18**

**Answer any three of the following  
Each answer should not exceed 400 words or two pages**

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|--|--------|
| 11. What are officiating and coaching?                       | C01 K1 |
| 12. What is the importance of officiating?                   | C01 K2 |
| 13. Mention the philosophy of coaching.                      | C02 K2 |
| 14. Discuss the psychological aspects in coaching.           | C02 K3 |
| 15. Mention the philosophy of officiating.                   | C03 K3 |
| 16. Brief out the ethics to be followed in officiating.      | C03 K4 |
| 17. What are the qualities and qualification of a coach?     | C04 K3 |
| 18. What are the qualities and qualification of an official? | C04 K4 |
| 19. Discuss the concept and importance of conditioning.      | C05 K5 |
| 20. Mention the principles of offence and defense.           | C05 K4 |

**Part C**

**2X11=22**

**Answer any two of the following  
Each answer should not exceed 800 words or four pages**

- |  |        |
|--|--------|
| 21. Explain the relation of official and coach in organizing committee.                    | C01 K5 |
| 22. Explain the measures to improve the standards of officiating and coaching.             | C01 K1 |
| 23. What are the responsibilities of a coach on and off the field?                         | C02 K2 |
| 24. What are the responsibilities of an official on and off the field?                     | C02 K3 |
| 25. Explain the duties of the official in pre, during and post-game.                       | C03 K3 |
| 26. Explain the mechanics involved in officiating position.                                | C03 K3 |
| 27. Mention the eligibility criteria for intercollegiate and inter-university tournaments. | C04 K2 |
| 28. Prepare a model TA/DA bills for a team.  | C04 K5 |
| 29. Explain the principles of officiating and coaching.                                    | C05 K2 |
| 30. Explain the importance of warming up and its types.                                    | C05 K3 |