



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

Continuous Internal Assessment –(September 2021)
III Semester

Class : II BSc
Branch : Bachelor of Physical Education

Time : 2 Hours
Max. Marks : 60

18BPEC09- Theory of Games and Sports-III

Course Outcomes:

CO1 : Teaching knowledge and understanding of a range of court and striking sports (including the rules and tactics used in each sport)

CO2 : Describe the recent skills that have extended Sports participation

CO3 : The ability to analyse and apply Practical based coaching and teaching practices and strategies

CO4 : Teaching facility with current technologies to enhance learning.

CO5: The ability to demonstrate effective teaching strategies

Part A

6 x 1 =6

Choose the Correct Answer

- | | |
|--|--------------------------|
| 1. The natural and universal forms of human physical expression are | CO1 K2 |
| a. Winning, Losing and combining | |
| b. Running, jumping and throwing | |
| c. climbing, modeling and evaluating | |
| d. Hitting, Striking and passing | |
| 2. In which event the term "crouch start" used | CO4 K2 |
| a. sprint events b. Marathon c. Long distance events | d. middle distance event |
| 3. The fundamental goal in all running events is to | CO1 K2 |
| a. maximize average running speed over the course of the race | |
| b. minimize average running speed over the course of the race | |
| c. reduce average running speed over the course of the race | |
| d. collaborate average running speed over the course of the race | |
| 4. The term "stride plan" used in | CO4 K2 |
| a. Sprint b. Long Jump c. Middle Distance Run d. Discus Throw | |
| 5. The standard width of a track lane in international competitions | CO 3 K3 |
| a. 1.22m b. 1.20m c. 1.11m d. 1.50m | |
| 6. Distance covered in a marathon | CO2 K1 |
| a. 42.195 km b. 42 km c. 42 km d. 40 km | |

Part B

3 x 6 = 18

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 7.a. Expand IAAF, AAA, AFI CO2 K2
(or)
7.b. Explain about World Athletics CO2 K3
- 8.a. Briefly explain the finishing Techniques in Sprinting CO4 K2
(or)
8.b. Write the Starting Techniques in Sprinting CO1 K1
- 9.a. Explain about long jump teaching stages. CO1 K1
(or)
9.b. Describe any two techniques in Shotput. CO1 K1

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. Explain the history and development of World Athletics CO1 K2
(or)
10.b. Draw a neat diagram of 400m standard track and mark 5000m and 110m hurdles. CO4 K1
- 11.a. Draw a neat diagram of long jump pit with stipulated markings. CO4 K1
(or)
11.b. Draw a neat diagram of Shotput field with all specifications CO1 K1
- 12.a. Discuss the fouls in throwing events. CO3 K1
(or)
12.b. Tabulate the track and field equipments with specifications. CO4 K1
