

Avinashilingam Institute for Home Science and Higher Education for Women

Continuous Internal Assessment Test II – March 2019

Class: II BPED

Time: 2 Hrs
Marks: 60

18BPDC27 – Theory of Sports and Games
(Kho kho, Kabaddi, Ball Badminton, Hockey, Handball)

Part A

5x1=5

Circle the right answer

1. Which among these is the highest governing body of Hockey?
a. International Hockey Federation b. World Hockey Federation c. Federation of International Hockey d. International Hockey Association
2. What is the weight of women Handball?
a. 425-475 b. 325-375 c. 225-275 d. 325-350
3. TFI means -----
a. Indian Federation of Throw Ball b. Federation of Throw Ball Association
c. Throw ball Federation of India d. Throw ball Association of India
4. The weight of ball badminton is-----
a. 22 to 23gms b. 20 to 22gms c. 23 to 24gms d. 24 to 25g
5. The High jump cross bar shall be raised at each height is not less than
1cm (b) 2cm (C) 3cm (d) 5cm

Part B

5x2=10

Answer in one or two sentences

6. Define wrong side in hockey
7. Explain follow on kho kho
8. List out the offensive skill in Kabaddi?
9. List out the types of serving in Ball Badminton?
10. Write any two Rules in Track Events?

Part C

3x5=15

Answer either a or b. Answer not exceeding 200 words or 1 page

11. a. Enumerate the violation in hockey? Or
b. How many officials are in throw ball and describe the duties?
12. a. List out the types of defensive skill in Handball? Or
b. Draw a neat diagram of kabaddi court
13. a. Write about the rules of kabaddi? Or
b. Explain 2 skills in ball badminton

Part D

2x15=30

Answer should not exceed 600 words or 3 pages

14. a. Draw a neat diagram of a hockey officiating signals and explain it (or)
b. Draw Handball court and post with its measurements?
15. a. Give reason for laying kho kho court, east west rather than north south as in case of other Games? (or)
b. Write about the Rules of Discus throw

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