



**Avinashilingam Institute for Home Science and Higher Education for Women  
(Deemed to be University) Coimbatore-641 043**

**Bachelor's Degree Examination – April/May 2019**

**Semester II**

**Class : I UG  
Major : Physical Education**

**Time :3 hours  
Max. Marks: 100**

**18BPEC05- Theory of Games and Sports-II  
(Kabaddi, Ball Badminton and Handball)**

**PART-A**

**10 X 1 = 10**

**Circle the Correct Answer**

- Which one of the following does not belong to the national styles of Kabaddi?
  - Amar
  - Gamini
  - Sanjeevani
  - Goongi
- How many nations participated in the 2014 Kabaddi World Cup Championships?
  - 11
  - 12
  - 13
  - 14
- Circumference of the handball is
  - 58-60 cm
  - 54-56 cm
  - 50-52 cm
  - 60-62 cm
- What is the half diagonal distance in kabaddi men court?
  - 11.93 M
  - 12.63 M
  - 10.40 M
  - 11.63 M
- The distance from end line to sitting block in kabaddi court shall be
  - 1M
  - 1.50 M
  - 1.75 M
  - 1.25 M
- To start game in handball, switch start at
  - Extreme left side
  - Extreme right side
  - Both a and b
  - None
- Penalties are thrown from what distances in handball.
  - 3m
  - 7 m
  - 6 m
  - 5m
- The second fastest game is
  - Football
  - Ice hockey
  - Kabaddi
  - Handball
- Weight of the Ball Badminton shall be
  - 22-23 grams
  - 35- 38 grams
  - 25 – 27 grams
  - 20-24 grams
- Duration of the handball game is
  - 35 – 5 – 35
  - 30 – 10- 30
  - 20 – 5 – 35
  - 40 – 5 -40

**Answer all the question**

- 11. a) Explain the origin of the game kabaddi. (or)
- 11. b) Explain the origin of the game handball.
- 12. a) Write the specification of the Ball Badminton and racket. (or)
- 12. b) State the specifications of Hand Ball for different age groups.
- 13. a) What are the fundamental skills of handball. (or)
- 13. b) What are the fundamental skills of kabaddi.
- 14. a) Write new system of service in the ball badminton game? (or)
- 14. b) What do you mean by a technical point in kabaddi?
- 15. a) Explain the "Do or Die Raid" in kabaddi? (or)
- 15.b) What is 3 second rules in the handball game (or)

**PART-C**

5 X 12 =60

**Answer all the question**

- 16. a) Discuss the Status of Handball game in India? (or)
- 16. b) Enumerate on AKFI and List out the cups associates with Kabaddi. (or)
- 17. a) Draw the handball court with it's dimension and measurements (or)
- 17. b) Draw the Badminton court with it's dimension and measurements (or)
- 18. a) Write any 4 drills to develop the chain catch in the game kabaddi (or)
- 18. b) What are the tactics that are followed in the handball game? (or)
- 19. a) What are rules of badminton singles and doubles? (or)
- 19. b) How is Kabaddi played explain in detail? (or)
- 20. a) What are the duties of officials of in the game kabaddi (or)
- 20. b) What is the mechanism of officiating followed in handball.

\*\*\*\*\*