



Hambaldh

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

Bachelor of Physical Education Degree Examination – April 2026

IV Semester

Class: II B.P.Ed.

Time : 3 Hours

Max. Marks : 100

23BPDC26 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 managements strategies for the well-being of athletes, spectators and officials

CO4: Apply the concept of coaching and officiating

CO5: Analyze training requirements for different sporting populations

Part A

10 x 1 = 10

Choose the Correct Answer

1. The ethical principle that ensures fairness and neutrality in officiating is called
a. Motivation b. Integrity c. Aggression d. Delegation **CO1 K2**
2. The structured movement pattern of officials during a game is known as
a. Rotation b. Strategy c. Mechanics d. Tactics **CO1 K3**
3. The psychological technique used to mentally rehearse performance is
a. Relaxation b. Aggression c. Delegation d. Visualization **CO2 K4**
4. Pre – competition anxiety that enhances performance is called
a. Eustress b. Distress c. Fatigue d. Burnout **CO3 K1**
5. The cooling process after vigorous activity is termed
a. Tapering b. Stretching c. Cool Down d. Conditioning **CO2 K3**
6. The leadership style where athletes participate in decision-making is
a. Authoritarian b. Laissez-faire c. Autocratic d. Democratic **CO3 K2**
7. The official responsible for maintaining discipline and enforcing rules is called
a. Referee b. Organizer c. Coach d. Spectator **CO1 K3**
8. The document prepared to claim travel expenses is known as
a. Voucher b. Budget c. Ledger d. TA Bill **CO4 K1**
9. The gradual increase of work load in training is known as
a. Recovery b. Progression c. Reversibility d. Specificity **CO2 K1**
10. The moral responsibility of a coach towards players reflects
a. Ethics b. Authority c. Power d. Bias **CO1 K3**

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11. a. Explain the relationship between officials and organizing committee. **CO5 K3**
(or)
11. b. Describe the philosophy of coaching. **CO2 K1**
12. a. List out the duties of a coach during competition. **CO1 K2**
(or)
12. b. Explain ethics in officiating and write down the importance of ethics for officiating. **CO4 K3**
13. a. Write short notes on lead-up games and importance of warm-up. **CO2 K3**
(or)
13. b. List down the during game duties of Call-Room officials of Track and Field events. **CO1 K2**
14. a. Write short notes about the responsibilities of a coach off the field. **CO1 K3**
(or)
14. b. Explain the Qualities of a good official and general rules of sports, integrity and values of Olympics. **CO5 K2**
15. a. Write short notes on principles of offense strategy. **CO4 K5**
(or)
15. b. Write short notes on integrity in sports. **CO3 K4**

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain in detail the scientific principles of coaching. **CO5 K2**
(or)
- 16.b. Discuss duties of an official before, during and after the game. **CO4 K1**
- 17.a. Explain the role of sports psychology during competition. **CO5 K3**
(or)
- 17.b. Describe the responsibilities of a coach as a mentor. **CO2 K1**
- 18.a. Explain the role of officiating mechanics in game control. **CO4 K3**
(or)
- 18.b. Discuss the eligibility rules for inter-collegiate tournaments. **CO2 K4**
- 19.a. Elaborate on conditioning and its types. **CO2 K1**
(or)
- 19.b. Explain the mechanism to improve standards of officiating. **CO4 K2**
- 20.a. Discuss the leadership styles in coaching and their impact. **CO2 K4**
(or)
- 20.b. Explain the risk management strategies in sports coaching. **CO4 K2**
