



K. Sambath

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

Continuous Internal Assessment Test II – March 2026
IV Semester

Class : II BPEd
Major : Physical Education

Time: 2 hours
Maximum Marks: 60

23BPDC26 Officiating and Coaching

Course Outcomes:

At the end of the course, students will:

1. Understand the concept and mechanism of officiating and coaching.
2. Describe the duties of coaches and officials.
3. Identify and implement risk management strategies for the well-being of athletes, spectators and officials.
4. Apply the concept of coaching and officiating
5. Analyze training requirements for different sporting populations

Part - A

6 x 1 = 6

Choose the Correct Answer

1. The philosophy of officiating mainly emphasizes
a. Partiality b. Fair Play c. Entertainment d. Popularity CO1 K3
2. Ethics of officiating include
a. Bias decision b. Favoritism c. Integrity d. Delay in judgement CO2 K3
3. TA and DA bills are related to
a. Players selection b. Tournament Expenses CO3 K2
c. Travel & daily allowances d. Training schedule
4. Lead up games are mainly conducted to
a. Replac main game b. Develop basic skills c. Waste time d. Avoid competition CO1 K3
5. Warming up before activity helps to
a. Decrease heart rate b. Prevent injuries c. Reduce flexibility d. Cause fatigue CO2 K1
6. Offensive strategy in games mainly focuses on
a. Scoring points b. Defending goal c. Time wasting d. Avoiding rules CO3K2

Part - B

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Explain the duties of an official before, during and after the game. CO3K2
(or)
7. b. Describe the philosophy and ethics of officiating CO2K3
8. a. Explain the qualities and qualifications of a coach and official. CO1K3
(or)
8. b. Write short notes on eligibility rules of intercollegiate and inter-university tournaments. CO5K4
9. a. Explain the principles of offence and defence in games. CO4K3
(or)
9. b. Describe the concept and types of warming up and cool down. CO3K3

Part - C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Explain in detail the duties of officials and the mechanics of officiating CO2K3
(or)
10. b. Discuss the qualities, qualifications and values of sports required for coaches and officials. CO3K3
11. a. Explain the preparation of TA and DA bills and eligibility rules for tournaments CO4K4
(or)
11. b. Describe the scientific principles of officiating and coaching. CO4K3
12. a. Discuss the strategies of offence and defence with suitable examples. CO1K4
(or)
12. b. Explain the concept of conditioning, warming up (types) and cool down in detail. CO2K3

No. of Copies :30

Staff in-charge: Mrs. A. Kiruthika