



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 Test I –February 2020

15BPEC30 – Theories of Games and Sports – VI (Volleyball & Softball)

Semester VI

Class: III UG

Time: 2 Hrs.

Major: Bachelor of Physical Education.

Max Marks:60

Part – A

Circle the Correct Answer

5 x 1 = 5

1. Volleyball was invented in _____.

- a. 1885 b. 1895 c. 1985 d. 1995

2. Number of time outs in volleyball in each set

- a.1 b.2 c.3 d. 4

3. The Serve must serve _____.

- a. Infront at the end line b. Behind the end line c. at the back-zone d. at the side-line

4. The game will be played to _____.

- a. 15 points b.25points c. 24 points d. 14 points

5. The action of sending the ball over the net to the opponent's court _____.

- a. Spiking b. Setting c. Digging d. Blocking

Part – B

5 X 2 = 10

Answer all the questions

6. Define Rally point system.
7. Write various volleyball passing
8. What is the height of the net for men and women
9. How many players act as a substitute in a team
10. Give the specification of the ball

PART – C

3 X 5 = 15

Answer should not exceed 200 words or one page

- 11.a. Explain the history and origin of Volleyball
(or)
- 11.b. Write Any two Offensive skills in Volleyball
- 12.a. Write Any two Defensive skills in Volleyball
(or)
- 12.a. Write the 6 position of play in Volleyball
- 13.a. List out the Players equipment in Volleyball
(or)
- 13.b. Write about the Duties of officials in Volleyball.

PART – D

2X 15 =30

Answer should not exceed 700 words or four pages

- 14.a. Explain the fundamental skills in Volleyball
(Or)
- 14.b Explain the origin and development of Volleyball
15. a. Draw a neat diagram of volleyball court with marking and specify the equipment of Antennae, Net, Ball in volleyball
(Or)
- 15.a. Explain the basic rules of Volleyball Game