

**Avinashiligam Institute for Home Science and Higher Education for Women, Coimbatore –
641 043**

Continuous Internal Assessment Test I – October 2020

Class : I BPEd

Major : Physical Education

Max Marks: 30

**18BPEC09 – Theory of Games and Sports III
Track and Field & Football**

Course Outcomes

CO1: Demonstrate the ability to analyse and apply theoretically based coaching and teaching practices and strategies

CO2: Make effective links between learning court and striking sports

CO3: Develop basic skills and techniques to improve the Running skills

CO4: Demonstrate a range of movement skills relating to court and striking sports

CO5: Demonstrate knowledge and understanding of a range of court and striking sports (including the rules and tactics used in each sport)

Part – A

Answer all the questions

6X 1 = 6

1. Reschedule 2021 Summer Olympics is ----- CO1 K1
a. XXXIV Olympics b. XXXIII Olympics c. XXXII Olympics d. XXXI Olympics
2. In which year IAAF officially changed to World Athletics CO1 K2
a. 2019 b. 2018 c. 2017 d. 2016
3. Runners may refer to this as a "stick"? CO2 K3
a. Javelin b. Baton c. Block d. pole
4. The soccer goal keeper is not allowed to control the ball with his hands for more CO3 K4
than
a. Elite sportsmen b. Novice c. Beginner d. Moderate performer
5. The Mecca of football in India CO2 K5
a. Madhya Pradesh b. Kerala c. West Bengal d. Karnataka
6. Which country is hosting the 2022 World Football? CO2 K2
a. Qatar b. Russia c. Brazil d. South Africa

Part – B

Answer any two questions and it should not exceed 400 words

2 X 6 = 12

- | | | |
|-----|---|---------|
| 7. | Write a short notes on World Athletics | CO1 K1 |
| 8. | Define the following: Reaction time, Reaction ability, Response time, Reflex time | CO3 K1 |
| 9. | Draw a neat diagram of football field with all specifications | CO2 K2 |
| 10. | List out any two duties of football officials | CO 3 K5 |

Part – C

Answer any one and it should not exceed 800 words

1 X12=12

- | | | |
|----|---|--------|
| 11 | List out the physical characteristics of a Long Jumper and draw the stride plan for the jumpers | CO2 K2 |
| 12 | Outline the techniques involved in Sprinting with pictorial representations | CO3 K3 |