

Avinashilingam Institute for Home Science and Higher Education for women

Continuous Internal Assessment Test II – October 2018

Class : II Bsc
Major: Physical Education

Time : 2 hours
Max.marks : 60

ISBPCC09 - Theory of Games and Sports-III
(Track & Field and Football)

PART - A

Choose the Correct Answer

5x1=5

1. Abbreviation of AIFF _____
- (a)Asian, India Football Federation (b)All India Football Federation
(c) Amature International Football Federation (d) Amature India Football Federation
2. The High jump cross bar shall be raised at each height is not less than
a) 1cm (b) 2cm (C) 3cm (d) 5cm
3. The diameter of the discus circle is
a) 2.135m (b) 2.145m (c) 2.155m (d) 2.50m
4. How many times Brazil won the world cup Football?
a) 5 (b) 4 (c) 6 (d) 7
5. The men discus weight
a) 1.5kg (b) 2.5kg (C) 2.6kg (d) 2kg

PART - B

Answer the following in one or two sentence

5x2=10

6. Write any two Rules in Track Events?
7. Write any two fouls in Long Jump?
8. What are the weight of Discus for Men and Women?
9. Write any two Middle distances?
10. Weight of High Jump bar?

PART - C

Answer the following (one page)

3x5=15

11. (a) Explain the five rules in High Jump? (or)
(b) Explain the History of Discus
12. (a) Write about the Players Equipment in Sprint Even (or)
(b) Draw a neat diagram of High jump sector and measurement
13. (a) Draw a neat diagram of Discus sector and measurement (or)
(b) Write the Official duties in Field Event

PART - D

Answer the following (six pages)

2x15=30

14. (a) Enumerate the Rules of Football? (or)
(b) Explain the Techniques and Tactics of Football?
15. (a) Write about the Rules of Discus throw? (or)
(b) Explain the Official Hand Single in Football

No of Copies: 33