



**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**  
**Semester- IV**

Class: **II BSc**

**Time: 2 hours**  
**Max.marks: 60**

**Course Outcomes:**

1. Equip the students with the fundamental skills and knowledge to design his/her own training program.
2. Aims to provide students with the basic sports science knowledge and skills of running, jumping and throwing
3. Appreciate track and field events by applying sports science knowledge to explain the execution of the events
4. Obtaining knowledge of the basic techniques, rules and regulations of the various events.
5. Verbalize the rules and regulations of each event.

**18BPEC15 – Theory of Games and Sports**  
**(Track & field, Badminton and TT)**  
**Part – A**

**Circle the correct answer      5X1=5**

1. As its name implies, the triple jump is essentially three separate jumps. Of the following, which is not the name of one of these jumps? CO1 K1  
 a. Hop      b. Step (or skip)      c. Jump      d. Leap
2. What is the purpose of warming up? CO2 K2  
 a. To improve skill      b. To build endurance  
 c. To enlarge the muscles      d. To reduce chance of injury
3. What is an anchor runner? CO3K1  
 a. A nickname for the shot      b. The final leg of a relay  
 c. The placement of the foot for the take off on the pole vault      d. The spot where the contestant leaves the ground
4. Who won India's first Olympic Medal in badminton? CO4K5  
 a. Prakash Padukone      b. P Gopichand  
 c. Saina Nehwal      d. Kidambi Srikanth

5. When was The International Table Tennis Federation (ittf) Formed? CO3K2  
a. 1926    b.1932    c.1930    d.1923

**Part – B**  
**Answer the following** **5 X 2 = 10**  
**Answer the following in one or two sentence**

6. Mention the specification of hurdles CO1K2  
7. Mention the specification of shuttle cock with neat diagram CO4K1  
8. List any two technical skills in hammer throw CO1K2  
9. List any two tournaments in table tennis CO3K4  
10. What is the governing body of badminton and which year it was found? CO5K5

**Part – C**  
**Answer the following** **3 X 5 = 15**  
**Answer should not exceed 200 words or one page**

11. a. Briefly explain the history of table tennis (Or) CO5K2  
b. Briefly explain the technical skills in hammer Throw  
12. a. Write the techniques in Javelin throw (Or) CO3K3  
b. List down specific conditioning drills for pole-vault.  
13. a. Briefly explain the techniques in triple jump (Or) CO1K4  
b. Explain the techniques in relay

**Part – D**  
**Answer the following** **2 X 15 = 30**  
**Answer should not exceed 1200 words or six pages**

14. a) Draw a neat diagram of Badminton court with its specification (Or) CO3K2  
b) Explain the tie resolving in throwing events  
15. a) Enumerate specific conditioning drills for hurdles (Or) CO1K3  
b) Enumerate the duties of official in track and field events