



Mauve

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

Continues Internal Assessment – I (February 2024)

Semester IV

Class :II BSc
Branch : Physical Education

Time : 2 Hours
Max. Marks : 60

21BPEC15 Theory of Games and Sports-IV
(Track & Field, Badminton and Table Tennis)

Course Outcomes:

- CO1 :Equip the students with the fundamental skills and knowledge to design his/her own training program
CO2: Aims to provide students with the basic sports science knowledge and skills of running, jumping and throwing
CO3: Appreciate track and field events by applying sports science knowledge to explain the execution of the events
CO4: Obtaining knowledge of the basic techniques, rules and regulations of the various events.
CO5: Verbalise the rules and regulations of each event

Part A

6 x 1 = 6

Choose the Correct Answer

1. Running is a----- movements CO1 K1
a) locomotor b) non – locomotor c) manipulative d) Non- manipulative
2. The long distance runner popularly known as "Flying Finn" CO2 K1
a) Kip Keter b) Grete Weitz c) Paavo Nurmi d) Jim Corner
3. In which olympic games did women triple jump debut as an official event? CO1 K2
a) 1976 b) 1986 c) 1996 d) 2006
4. How many feathers should be in a shuttle ? CO3 K3
a) 12 b) 26 c) 16 d) 20
5. When a rally is stopped and replayed without change to the score, what does it call ? CO4 K2
a) A replay b) A let c) A draw d) A drive
6. In addition to Ping Pong, what is the other name of table tennis? CO2 K1
a) Bounce – Bounce b) Pee- Wee c) Whiff- Whaff d) Ping – Pong

Part B

3 x 6 = 18

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 7.a. How does altitude training affects long distance running performance. CO2 K3
(or)
- 7.b. Expand the following: CO2 K3
a. OR b. CR c. WR d. PR
- 8.a. State the specifications of runway, landing area, take off board and plasticine indicator in triple jump CO1 K2
(or)
- 8.b. Draw a neat diagram of Badminton equipments with their specification CO2 K1
- 9.a. Definition : CO2 K1
a) Rally b) Let c) Point d) Ball e) Free hand f) Smash
(or)
- 9.b. Describe the Law 2.2, 2.3, 2.4 with their specification CO1 K2

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. Elaborate the techniques on LDR CO3 K1
(or)
- 10.b. Pinpoint the records of triple jump and MDR at international and national levels. CO1 K1
- 11.a. State any two Indian(one men and one women) athletes profile CO4 K2
(or)
- 11.b. Elaborate the History of Badminton with their timeline CO4 K2
- 12.a. Explain any 5 laws in Table Tennis CO3 K1
(or)
- 12.b. Draw a neat diagram of Badminton court with their measurements. CO3 K1

Staff In charge : Dr. R. Saravana Prabha & Mrs. A. Kiruthika