

Continuous Internal Assessment Test I – February 2019

Semester –II

Class : I UG

Time : 2 Hrs.

Major : Physical Education

Max Marks: 60

18BPPEC05 – Theory of Games and Sports

Course Outcomes :

1. Teaching knowledge and understanding of a range of court and striking sports (including the rules and tactics used in each sport) Teaching knowledge and
2. Understanding of a range of court and striking sports (including the rules and tactics used in each sport)
3. The ability to analyse and apply Practical based coaching and teaching practices and strategies
4. Teaching facility with current technologies to enhance learning.
5. The ability to demonstrate effective teaching strategies

PART – A

Circle the Correct Answer

5 x 1 = 5

1. The weight of ball badminton is-----
a. 22 to 23gms b. 20 to 22gms c. 23 to 24gms d. 24 to 25g
CO1K1
2. Who is the President of Amateur Kabaddi Federation Of India?
a. Dr.Mrs Mridul Bhadauria b. Mrs.P Garg, c Mr. M. Hanumanthe Gowda
d. Mr.J.P. Agarwal
CO2K2
3. The length and width of the kabballi court for women
a. 11x8mts b. 12 x 10mts c. 12.5x8mts d. 11 x 10mts
CO3K2
4. The length and width of the ball badminton court
a. 18 b. 15. c. 16 d. 19
CO1 K1
5. What is the weight of Handball?
a. 425-475 b. 325-375 c. 225-275 d. 325-350
CO2 K3

PART – B

Answer the Following in One or Two Sentences

5 X 2 = 10

- | | |
|-----------------------------------------------------------------|-------|
| 6. What is the official timing for International Kabaddi Match? | CO1K2 |
| 7. Expand BBFI, AKFI | CO2K3 |
| 8. List out types of offensive skill in Kabaddi? | CO4K3 |
| 9. List out the types of serving in Ball Badminton? | CO1K5 |
| 10. Define lobby in kabballi | CO3K5 |

PART – C

Answer the Following

Answer should not Exceed 200 Words or One Page 3 X 5 = 15

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|---------------------------------------------------------------------|-------|
| 11. a. Draw a neat diagram of kabaddi court with specifications? Or | CO1K1 |
| 11. b. Write about the rules of kabaddi ? | CO1K3 |
| 12. a. Enumerate fouls in ball badminton? Or | CO3K3 |
| 12. b. Explain about any skills in ball badminton? | CO4K3 |
| 13. a. Write any ten rules in ball badminton Or | CO3K5 |
| 13. b. Explain the lona in kabballi | CO2K5 |

PART – D

Answer the Following

Answer should not Exceed 700 Words or Four Pages 2X 15 = 30

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|--------------------------------------------------------------------------|-------|
| 14.a. Draw the Ball Badminton court and post with its measurements? Or | CO3K1 |
| 14.b Denote the diagrams of technical points in kabballi and explain it? | CO2K3 |
| 15.a. Brief the history of kabaddi? Or | CO2K5 |
| 15.b. Write history and rules in ball badminton | CO1K1 |