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Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD
Re-accredited with 'A++' Grade by NAAC.CGPA 3.65/4, Category I by UGC
Coimbatore-641 043, Tamil Nadu, India

Continuous Internal Assessment – II April 2025

Class: II BPEd
Major: Physical Education

Time: 2 Hours
Max Marks: 60

23BPDC27 – Theory of Sports and Games

Course Outcomes:

- CO 1:** Know the fundamental of all the games and sports understand the rules of all the games and sports preparing the students for the competition
CO 2: Classify the students accordingly for various games and sports
CO 3: Design and practice the new methods and technique and training

Part A

Answer all the Questions

6 x 1 = 6

1. What is the minimum number of players required for a team to start a field hockey match? CO1 K1
(a) 7 (b) 9 (c) 11 (d) 6
2. How many steps can a player take without dribbling in handball? CO1 K1
(a) 2 (b) 3 (c) 4 (d) Unlimited
3. In Tennikoit, how many points are required to win a set in an official match? CO2 K3
(a) 11 (b) 15 (c) 21 (d) 25
4. What is the term used when a tennis player wins a game without the opponent scoring a single point? CO3 K1
(a) Ace (b) Deuce (c) Love game (d) Tie - break
5. What is the total duration of a standard football match, including both halves but excluding extra time? CO1 K1
(a) 60minutes (b) 75minutes (c) 90 minutes (d) 120minutes
6. Which part of the body is NOT allowed to touch the ball in handball? CO2 K3
(a) Hands (b) Legs below the knees (c) Head (d) Chest

Part B 3x6=18

Each answer should not exceed 400 words or two pages

- 7 a). Write a short note on the history of Kabaddi and how it evolved as an international sport. CO3 K2
(or)
- 7 b). Mention the standard court dimensions of Tennis with their specifications. CO3 K2
- 8 a). Explain the basic rules and regulations of Kho-Kho. CO2 K4
(or)
- 8 b). What are the different types of fouls in Handball and their consequences. CO3 K3
- 9 a). Describe the scoring system in Throwball and how a match winner is decided. CO4 K3
(or)
- 9 b) Draw the equipments used in volleyball game. CO2 K3

Part C

Each answer should not exceed 800 words or two pages

3x12=36

- 10 a). Write in detail about the history, dimensions, and specifications of a Football field. Explain the role of different players CO1K4
(Or)
- 10 b). Discuss the rules and regulations of Volleyball with a focus on faults, rotation system, and scoring. CO1K1
- 11 a) What is the role of a referee in a Handball .Discuss score sheet handling, foul decisions, and fair play principles. CO2K3
(Or)
- 11 b). Describe the various skills and techniques involved in Kabaddi. Explain how a player can improve agility and reaction time. CO3K4
- 12 a). Draw Tennis court with specification . Explain the equipment used in Tennis. CO1K4
(Or)
- 12 (b). Draw Kho-Kho court with proper measurement and explain in detail about their positions and their playing method. CO2K3

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