



K. Sambal

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 (now MoE)
Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – May 2025
VI Semester

Class : III UG
Major : Physical Education

Time : 3 Hours
Max. Marks: 100

21BPEC30 Theory of games and Sports – VI (Volleyball & Softball)

Course Outcomes:

- CO1. Students are able to apply personal skills (including serving, overhand passing, underhand passing, spiking and blocking) In modified games
- CO2. Provide opportunities for students to make self and peer assessment to enhance collaborative learning.
- CO3. Understanding of the teaching/coaching techniques
- CO4. Expertise in teaching basic skill and advance skill in softball
- CO5. Creates Opportunity to officiate in different tournaments.

Part A

10 x 1 = 10

Choose the Correct Answer

1. Who is known as the inventor of volleyball? CO1K1
 - a. James Naismith
 - b. William G. Morgan
 - c. Thomas Edison
 - d. Pierre de Coubertin
2. In volleyball, what is the standard height of the net for men's competitions? CO1K1
 - a. 2.24 meters
 - b. 2.43 meters
 - c. 2.50 meters
 - d. 2.10 meters
3. What is the official ball size of a softball used in professional fast-pitch competitions? CO2K2
 - a. 10 inches
 - b. 11 inches
 - c. 12 inches
 - d. 13 inches
4. What is the primary role of a setter in volleyball? CO2 K1
 - a. To serve the ball
 - b. To block the opponent's spike
 - c. To set up attacking plays
 - d. To receive serves
5. Which of the following is a defensive skill in softball? CO1K1
 - a. Pitching
 - b. Batting
 - c. Catching
 - d. Stealing bases
6. What is the shape of a softball field? CO2K3
 - a. Circular
 - b. Rectangular
 - c. Diamond
 - d. Square
7. Which of the following is a defensive skill in volleyball? CO2K3
 - a. Spiking
 - b. Setting
 - c. Blocking
 - d. Serving
8. What color jersey does the libero wear? CO3K3
 - a. Same as the team
 - b. Different color than the team
 - c. Black only
 - d. Write only
9. What is the size of a standard volleyball court? CO2K1
 - a. 8m x 16m
 - b. 7m x 18m
 - c. 9m x 18m
 - d. 8m x 12m
10. What is the standard distance between the bases in softball? CO3K3
 - a. 60 feet
 - b. 90 feet
 - c. 80 feet
 - d. 70 feet

Part B
Answer ALL questions
Each answer should not exceed 400 words or two page

5 x 6 = 30

- 11.a. Explain the origin and development of the volley ball in India. CO1 K1
(or)
- 11.b. Explain the origin and development of the game softball in India. CO2 K2
- 12.a. Mention the equipment required for the game volley ball with their specification. CO1 K1
(or)
- 12.b. Describe the dimensions and measurement specifications for a standard volleyball court. CO2 K2
- 13.a. Write down the "libero" specific roles in the volleyball game. CO3 K3
(or)
13. b. List and explain the key offensive skills in volleyball. CO2 K2
14. a. How many outs are there in the softball game CO1 K2
(or)
14. b. What is the 'force out' in softball. CO3 K3
15. a. What are the main duties and responsibilities of officials in a volleyball match. CO3 K3
(or)
- 15.b. Explain in detail the duties of officials in softball. CO2 K2

Part C
Answer ALL questions
Each answer should not exceed 800 words or four pages

5 x 12 = 60

- 16.a. Discuss the evolution of volleyball from its origins to its modern form. CO2 K2
(or)
16. b. Discuss the evolution of softball from its origins to its modern form. CO3 K2
- 17.a. Describe the dimension and measurement of a soft ball field with neat diagram. CO2 K2
(or)
- 17.b. Mention the required play equipment and player's equipment for the game softball and describe its importance. CO3 K3
- 18.a. Explain in-depth the technical skills required in volleyball and softball, focusing on offensive and defensive strategies for sports. CO2 K2
(or)
- 18.b. Explain in-depth the technical skills required in softball, focusing on offensive and defensive strategies for sports. CO1 K1
- 19.a. Evaluate the technical and tactical conditioning drills necessary for improving performance in volley ball, including sport-specific drills for each. CO3 K2
(or)
19. b. Evaluate the technical and tactical conditioning drills necessary for improving performance softball, including sport-specific drills for each. CO1 K3
20. a. Compare and contrast the officiating mechanisms in volleyball including the duties of officials and their hand signals. CO2 K2
(or)
- 20.b. Compare and contrast the officiating mechanisms in softball including their hand signals. CO3 K2