



**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore – 641 043**

Bachelor of Physical Education Degree Examination – April 2019
IV Semester

Class : II B.P.Ed.

Time: 3 Hrs
Max. Marks: 100

15BPDC26 Officiating and Coaching

Part – A

10 X 1 = 10

Choose the correct answer

1. Main consideration for effective periodization should be
 - a. Base creation
 - b. Achievement of top form
 - c. Skill development
 - d. Development of tactical ability
2. Transition period aims at
 - a. Stabilization of performance
 - b. Super compensation
 - c. Recreation
 - d. Recovery
3. The first metamorphosis falls between the ages of
 - a. 7-10 years
 - b. 3-5 years
 - c. 11-14 years
 - d. 2-4 years
4. In selecting talent, the most important factor to be considered is
 - a. Training state
 - b. Health
 - c. Interest and attitude
 - d. All the above
5. Tactical training is done
 - a. After skills are mastered
 - b. Before skills are mastered
 - c. Both tactical training and technical training are done side by side
 - d. All the above
6. Overload in sports training relates to when
 - a. The oxygen is adequate to supply the need of the body
 - b. The-oxygen supplying mechanisms are not able to increase
 - c. The intake of oxygen is insufficient to meet the demand
 - d. The supply of oxygen is more than required
7. Many umpires, referees, and sports officials are required to stand, walk, run, or squat for long periods during games and events need more of
 - a. Speed
 - b. Co-Ordination
 - c. Stamina
 - d. Skill
8. The fundamental qualification of a coach should be
 - a. B.P.Ed.
 - b. M.P.Ed.
 - c. NIS
 - d. Ph.D
9. Which one of these is not a type of serve used in volleyball ?
 - a. Floater
 - b. Jump Serve
 - c. Spot Serve
 - d. Speed Floater
10. What is the name of a player who specializes in playing back row in the game of volleyball ?
 - a. Middle Back
 - b. Back-Row Player
 - c. Perma Back
 - d. Libero

Answer the following questions

Answer should not exceed 400 words or two pages

- 11. a. Explain the importance of officiating in sports.
(or)
- 11. b. How should the organizing committee maintain the relationship with the players and coaches ?
- 12. a. What is philosophy of coaching ?
(or)
- 12. b. What are the duties of a coach ?
- 13. a. Discuss the ethics of officiating.
(or)
- 13. b. Philosophy of officiating-Discuss.
- 14. a. How will you prepare a TA and DA bill ?
(or)
- 14. b. What are integrity and values of sports ?
- 15. a. Briefly explain the necessity of recreational and lead up games.
(or)
- 15. b. What are different types of warm up ?

Part - C

5 X 12 = 60

Answer the following questions

Answer should not exceed 800 words or four pages

- 16. a. How to improve the standard of officiating and coaching ?
(or)
- 16. b. What are the concept of officiating and coaching ?
- 17. a. What are the responsibilities of a coach on and off the field ? Discuss.
(or)
- 17. b. Explain the offensive and defensive playing techniques of the your game of specialization.
- 18. a. What are the duties of officials in general, pre, during and post games ?
(or)
- 18. b. What are the different officiating position ? Explain the necessity of this different mechanism.
- 19. a. What are eligibility of the player to participate in the inter collegiate and inter university tournaments ?
(or)
- 19. b. Explain the quality and qualification of coaches and officials in detail.
- 20. a. Explain the role of offensive and defensive strategy in sports.
(or)
- 20. b. What are the principles of offence and defence mechanism of play ?
