

**Avinashilingam Institute for Home Science and Higher Education for Women  
Coimbatore – 641 043**

**Continuous Internal Assessment Test II – December 2020**

Class: II BSc

Time : 2 Hrs.

Major: Bachelor of Physical Education

Max Marks: 30

**18BPEC09- Theory of Games and Sports-III**

**Course Outcomes:**

1. Teaching knowledge and understanding of a range of court and striking sports (including the rules and tactics used in each sport).
2. Describe the recent skills that have extended Sports participation
3. The ability to analyze 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**

**Write the Correct Answer**

**6X 1 = 6**

- |   |   |                        |                 |
|---|---|------------------------|-----------------|
| 1. The term “stride plan” used in                                   | CO2 K3  |                        |                 |
| a. Sprint   | b. Long Jump                                      | c. Middle Distance Run | d. Discus Throw |
| 2. Acceleration is  | CO2 K3  |                        |                 |
| a. Increasing the speed   | b. Deceleration                                   | c. Reducing            | d. Maintaining  |
| 3. Distance covered in a marathon                                   | CO4 K4  |                        |                 |
| 40 km   | b. 41.5 km  |                        |                 |
| 42.5 km   | d. 42.195 km                                      |                        |                 |
| 4. Plasticine indicator is also known as                            | CO3 K2  |                        |                 |
| a. Wind gauge   | b. Force indicator                                | c. Foul indicator      | d. Water gauge  |
| 5. IOC stands for :   | CO3 K2  |                        |                 |
| a. International Olympic Committee                                  | b. Indian Olympic Committee                       |                        |                 |
| c. Indian Association of Olympic Committee                          | d. International Association of Olympic Committee |                        |                 |
| 6. The standard width of a track lane in international competitions | CO3 K2  |                        |                 |
| a. 1.22m  |   |                        |                 |
| b. 1.30m  |   |                        |                 |
| c. 1.25m  |   |                        |                 |
| d. 1.10m  |   |                        |                 |

**Part – B**

**Answer ANY TWO of the following in 400 words**

**2 X 6=12**

- |   |     |    |
|---|-----|----|
| 6. Expand IAAF, AAA, AFI,                             | CO2 | K2 |
| 7. Briefly explain the Sprinting finishing Techniques | CO4 | K2 |
| 8. Define Athletics.                                  | CO2 | K3 |
| 9. Write the Starting Techniques in Sprinting         | CO1 | K1 |

**Part – C**

**Answer any one question it should not exceed 800 words**

**1 X 12=12**

- |  |     |    |
|--|-----|----|
| 11. Explain the Techniques involved in Sprinting             | CO2 | K2 |
| 12. Explain the Newton's Laws in Sprint Events with examples | CO3 | K2 |