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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 (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 – November 2025**  
**V Semester**

**Class : III UG**  
**Major : Physical Education**

**Time: 3 Hours**  
**Max. Marks: 100**

**23BPEC18 Officiating and Coaching – I**

**Course Outcomes :**

- CO1. Understand the dimensions and measurements of the games and Athletics
- CO2. Describe the rules and regulations of the games and Athletics
- CO3. Apply the art of coaching the sports team
- CO4. Able to organize and officiate the Track and Field events
- CO5. Apply the concept of coaching and officiating.

**Part A**

**10 x 1 = 10**

**Choose the Correct Answer**

1. In Track event, \_\_\_\_\_ shall be responsible for readiness of batons for relays. CO1K1  
a. Referee  **b. Stewards**   
c. Starter  d. Starters Assistants
2. \_\_\_\_\_ are assistants to the referee, without authority to make final decisions. CO2K2  
a. Umpires  **b. Judges**   
c. Referee  d. Starter
3. In the javelin throw the minimum length of the runway shall be \_\_\_\_\_. CO3K3  
a. 20m  **b. 30m**   
c. 40m  d. 33.5m
4. The hammer shall consist of \_\_\_\_\_ parts. CO2K1  
a. 5  **b. 3**   
c. 4  d. 2
5. The \_\_\_\_\_ technique in shot put involves the athlete turning in a circular motion before releasing the shot. CO2K2  
a. Glide  **b. Rotate**   
c. Javelin  d. Discus
6. The technique used to cross the hurdle efficiently is called the \_\_\_\_\_ technique. CO3K3  
a. Glide  **b. Straddle**   
**c. Lead leg and trail leg**  d. Spin
7. An athlete is disqualified in sprint event after \_\_\_\_\_ false start(s). CO2K3  
a. 1  **b. 2**   
c. 3  d. Unlimited  *Contra*  
*No false*
8. In 3000 m steeple chase, the number of water jumps is \_\_\_\_\_. CO1K2  
a. 5  **b. 7**   
c. 8  d. 9
9. Officials must attend \_\_\_\_\_ before the start of competition. CO2K3  
a. Opening ceremony  **b. Technical meeting**   
c. Press conference  d. Closing function
10. The philosophy of officiating is based on \_\_\_\_\_. CO3K3  
a. Winning only  **b. Impartiality and justice**   
c. Supporting favorite player  d. Ignoring mistakes

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. List out the Role of competition director. CO2K2  
(or)
- 11.b. Role of photo finish judges- Explain. CO3K3
- 12.a. Draw the layout of the javelin throw sector with standard measurements. CO2K2  
(or)
- 12.b. Draw the layout of the long jump field with standard measurements. CO3K3
- 13.a. Explain the techniques in hurdles. CO2K3  
(or)
- 13.b. What are the techniques and training drills in shot put. CO3K3
- 14.a. List the sequence of events in a decathlon. CO4K3  
(or)
- 14.b. List the duties of the umpire and starter's assistant in track events. CO3K4
- 15.a. Write about ethics of officiating and coaching ? CO3K2  
(or)
- 15.b. Philosophy of officiating and coaching-Explain. CO2K1

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Write the Qualities and qualifications of officiating and coaching - Discuss. CO2K2  
(or)
- 16.b. Describe the Principles of officiating and coaching - Explain. CO3K3
- 17.a. Layout the 400m standard track with standard specification ? CO3K4  
(or)
- 17.b. Layout the Hammer and javelin throw sector with standard specification ? CO2K3
- 18.a. Write about the techniques and drill of sprints events. CO3K4  
(or)
- 18.b. Describe the techniques and drills of High jump and javelin throw. CO4K4
- 19.a. List out the rules and regulation of throwing events ? CO3K3  
(or)
- 19.b. List out the rules and regulation of steeplechase and its specifications ? CO4K3
- 20.a. Illustrate the duties of officials of pre meet, during meet, post meet ? CO3K2  
(or)
- 20.b. Discuss the procedure of conducting the sports meet ? CO4K3