



**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)  
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test I –February 2020**

**Semester II**

Class : I UG

Time : 2 Hrs.

Major: Physical Education

Max Marks: 60

**18BPEC05– Theory of Games and Sports II (Kabaddi, Ball Badminton & Handball)**

**PART – A**

**Circle the Correct Answer**

**5 x 1 = 5**

1. The first kabaddi world cup was played in which country CO1 K3  
a. Pakistan                      b. India                      c. Iran                      d. Bangladesh
2. How many umpires supervise a match in kabaddi CO2 K1  
a. 2                      b. 3                      c. 4                      d. 6
3. How to start a handball match CO1 K1  
a. Throw off                      b. Midhalf throw                      c. Ball passed                      d. Bounce throw
4. A Hand ball match consists of two periods of each is CO2 K1  
a. 30 minutes                      b. 25 minutes                      c. 40 minutes                      d. 20 minutes.
5. a. The Ball badminton winning point in each set CO2 K1  
a. 35 points                      b. 25 points                      c. 15 points                      d. 20 points

**PART – B**

**Answer all the questions**

**5X 2= 10**

6. What is anti-rider. CO2 K1
7. What is lobby CO1 K1
8. What is the duration of a handball match. CO1 K2
9. Define foul. CO4 K1
10. How many players in ball badminton team CO1 K2

**PART – C**

**Answer should not exceed 200 words or one page**

**3X5 = 15**

- 11.a. Write the history and origin of Kabaddi  
(or)  
11.b. Briefly Explain any two Offensive skills in Kabaddi
- 12.a. Write the origin and development of handball  
(or)  
12.a. Write about the defensive skills in handball
- 13.a. Write the history and origin of Ball badminton  
(or)  
13.b. Draw a neat diagram of ball badminton court with marking

CO1 K1

CO3 K2

CO1 K1

CO4 K1

CO4 K3

CO1 K2

**PART – D**

**Answer should not exceed 700 words or four pages**

**2X 15 =30**

14. a. Draw a neat diagram of both men and women kabaddi court with stipulated marking  
CO1 K1

(Or)

14. b. Enumerate the fundamental skills in Kabaddi

CO2 K1

15. a. Draw a neat diagram of Handball court, net and post measurements

CO4 K2

(Or)

15. b. Explain the fundamental skills in Ball badminton

CO3 K2

AD ✓