



*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 – April 2026**

**VI Semester**

**Class : III UG**

**Major : Physical Education**

**Time: 3 Hours**

**Max. Marks: 100**

### **23BPEC22 Officiating and Coaching - II**

#### **Course Outcomes:**

CO1: Understand the dimensions and measurements of the games.

CO2: Describe the rules and regulations of the games.

CO3: Able to understand the role of a coach as a mentor.

CO4: Identify and implement risk management strategies for the well-being of athletes, spectator and Officials.

CO5: Apply the concept of coaching and officiating.

#### **Part A**

**10 x 1 = 10**

#### **Choose the Correct Answer**

- |   |                         |        |
|---|-------------------------|--------|
| 1. The main role of an official is to   |                         | CO1 K1 |
| a. Coach players                        | b. Enforce rules        |        |
| c. Manage spectators                    | d. Arrange transport    |        |
| 2. Integrity in sports means            |                         | CO2 K2 |
| a. Dishonesty                           | b. Cheating             |        |
| c. Fighting                             | d. Fairness and honesty |        |
| 3. A coach acts as a                    |                         | CO1 K2 |
| a. Leader                               | b. Mentor               |        |
| c. Guide                                | d. All the above        |        |
| 4. Pre-game duty of a coach includes    |                         | CO3 K2 |
| a. Planning strategy                    | b. Sleeping             |        |
| c. Watching TV                          | d. Leaving ground       |        |
| 5. Psychology of competition deals with |                         | CO3 K1 |
| a. Physical strength                    | b. Mental strength      |        |
| c. Height                               | d. Weight               |        |
| 6. Volleyball team has                  |                         | CO4 K1 |
| a. 5 players                            | b. 6 players            |        |
| c. 7 players                            | d. 9 players            |        |
| 7. Basketball hoop height is            |                         | CO4 K2 |
| a. 8 feet                               | b. 9 feet               |        |
| c. 10 feet                              | d. 11 feet              |        |
| 8. Kho Kho originated in                |                         | CO1 K1 |
| a. USA                                  | b. India                |        |
| c. China                                | d. Japan                |        |
| 9. Football is played mainly with       |                         | CO5 K1 |
| a. Hands                                | b. Feet                 |        |
| c. Bat                                  | d. Stick                |        |
| 10. Kabaddi originated in               |                         | CO5 K2 |
| a. India                                | b. England              |        |
| c. USA                                  | d. China                |        |

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

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

- 11.a. Define officiating and explain its importance in sports. CO3 K3  
(or)
- 11.b. Describe the eligibility rules of intercollegiate tournaments. CO2 K2
- 12.a Explain the duties of a coach before the game. CO1 K3  
(or)
- 12.b. Explain the duties of a coach during the game. CO2 K2
- 13.a. Explain the dimensions and layout of a volleyball court. CO3 K1  
(or)
- 13.b. Explain the dimensions and layout of a kho kho court. CO3 K2
- 14.a. Explain the dimensions and layout of a football field. CO2 K2  
(or)
- 14.b. Explain the dimensions and layout of a handball court. CO2 K2
- 15.a. Explain the types of warm-up. CO3 K2  
(or)
- 15.b. Explain the importance of specific drills in sports. CO4 K2

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

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

- 16.a. Describe the measures for improving the standards of officiating and coaching. CO2 K2  
(or)
- 16.b. Discuss the integrity and values of sports and their importance in officiating and coaching. CO1 K2
- 17.a. Explain the role of a coach as a mentor on and off the field. CO2 K2  
(or)
- 17.b. Explain the qualities and responsibilities of a successful coach. CO3 K3
- 18.a. Describe the qualification, duties and number of officials in basketball. CO3 K3  
(or)
- 18.b. Explain the rules and interpretation of Handball game. CO2 K3
- 19.a. Describe the qualification, duties and number of officials in Kabaddi. CO4 K1  
(or)
- 19.b. Explain the mechanism of officiating and signals used in football. CO4 K2
- 20.a. Describe the importance of conditioning, warming up and cooling down in sports. CO5 K2  
(or)
- 20.b. Explain specific conditioning drills and lead-up games and their importance. CO3 K3

\*\*\*\*\*