



# 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 -II April 2021

### Semester IV

**Class : II BPEd**  
**Major/Branch : Physical Education**

**Time : 2 Hours**  
**Max. Marks: 30**

#### 18BPDC26 – Officiating and Coaching

1. To introduce students to rudiments of coaching and officiating.
2. To practicalise Officiating in games and Sports.
3. To highlight the importance of coaching and officiating.

#### Part A

6 x 1 = 6

#### Choose the Correct Answer

- 1. A coaches role is to** CO2 K3
  - a. Improve their own skills through practice
  - b. Assist athlete to reach their full potential
  - c. Influence young people to behave and act like they do
  - d. Look after their own needs and not develop younger athletes
- 2. Coach plays a wide variety of roles. The most important role of the coach is** CO1 K4
  - a. Disciplining and being like a parent to the participants
  - b. Motivating, Counselling and being a good friend to the participants
  - c. Planning, teaching, communicating, organising and being a good role model to the participants
  - d. Managing the participants training schedule and being a personal fitness trainer
- 3. What are the most effective attention gaining tools coaches use to stop and strat activities?** CO1 K3
  - a. Waving and Shouting
  - b. Written instruction on a white board
  - c. Verbal and non verbal body languages
  - d. Voice commands, visual signs and a whistle
- 4. When coaching a child who is an early developer and physically very mature what should the coach do?** CO3 K2
  - a. Placing them in a key position within the team or selecting events that they will easily win.
  - b. Ask the child to demonstrate skills and play against who may be of lesser ability.
  - c. Give the child extra responsibilities, to match their maturity
  - d. Ensure the child is given chance to develop a broad range of skills
- 5. When coaching adolescent participants, which of the following should the coach take into consideration?** CO2 K1
  - a. more likely to oarticipate in individual sports than team sports
  - b. Boys reach puberty earlier than girls
  - c. Timing of puberty can vary and resulting in variations in size and strength
  - d. Peer group influence becomes less important during puberty

**6. When dealing with unhappy parents, coaches should**

CO1 K3

- a. Listen to the parents' concerns and then try to come to an agreement
- b. Listen and then abuse the parents
- c. Tell the parents that they don't know what they're talking about
- d. Walk away from the parents and not listen

**Part B**

**2 x 6= 12**

**Answer ANY TWO questions**

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

7. Enumerate the Coaching Strategies?

CO3 K3

8. Elucidate the Ethical Issue in Coaching

CO2 K1

9. Write the importance of Conditioning?

CO2 K3

10. Explain the Philosophy of Officiating

CO1 K2

**Part C**

**1 x 12 = 12**

**Answer ANY ONE question**

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

11. Explain the Philosophy of Coaching

CO1 K1

12. Explain about the Planning and Reviewing in Coaching

CO2 K2