



J. Shankar

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
Re-accredited with 'A++' Grade by NAAC.CGPA 3.65/4, Category I by UGC
Coimbatore-641 043, Tamil Nadu, India

Continuous Internal Assessment – II April 2025

Class : II BPEd
Branch: Physical Education

Time : 2 Hrs.
Max Marks: 60

23BPDC26 – Officiating and Coaching

Course Outcomes:

1. Understand the concept and mechanism of officiating and coaching.
2. Describe the duties of coaches and officials.
3. Identify and implement risk management strategies for the well-being of athletes, spectators and officials.
4. Analyze training requirements for different sporting populations
5. Apply the concept of coaching and officiating

PART – A

Choose the Correct Answer

6 x 1 = 6

1. What is one of the primary duties of an official during a game? CO3K3
a) Encouraging players to win b) Ensuring fair play and enforcing rules
c) Supporting a specific team d) Coaching the players
2. What does the 'Ethics of officiating' refer to? CO3K2
a) Supporting the winning team b) Showing fairness, honesty, and integrity while officiating
c) Allowing players to argue calls d) Making biased decisions
3. Eligibility rules for intercollegiate and inter-university tournaments ensure: CO4K3
a) Only professional players can participate b) Players meet the required academic and age criteria
c) Any player can join without restrictions d) The tournament is won by the strongest team
4. Which of the following best describes the strategy of offense and defense? CO3K5
a) Methods to attack and protect in a game b) Only defensive tactics
c) Strategies used only by the referee d) Ignoring team coordination
5. What is the purpose of cool down exercises? CO4K4
a) To increase heart rate after the game
b) To gradually return the body to a normal state and reduce injury risks
c) To stop playing immediately after a match
d) To replace warming up
6. Knowledge of recent methods of training is essential for _____ CO3K3
a. Official b. Coach c. Teacher d. Sports Administrator

PART – B

Answer all Questions

Each answer should not exceed 400 words or two pages

3 X 6 = 18

7. a. Explain the key duties of an official during a game. CO1K2
Or
7. b. What are the ethical principles that officials should follow while officiating? CO2K2
8. a. List and describe the important qualities required in a coach and an official. CO2K3
Or
8. b. What is the significance of TA and DA bills for sports officials? CO3K3
9. a. Define the principles of offense and defense in sports. CO3K2
Or
9. b. Why are warming up and cooling down important for athletes? CO1K3

PART – C

Answer all Questions

Each answer should not exceed 800 words or four pages

3X 12 = 36

- 10.a. Discuss in detail the duties of an official before, during, and after a game. CO2K3
or
- 10.b. Explain the eligibility rules for intercollegiate and inter-university tournaments and their importance in sports. CO3K2

- 11.a. Describe the scientific principles of officiating and coaching with suitable examples. CO3K3
or
11 b. What are recreational and lead-up games? Explain their role in sports training and skill development. CO3K1
12.a. Analyze the strategy of offense and defense in team sports. Provide examples of different strategies used in competitive games. CO3K2
or
12 b. Explain the concepts of conditioning, warming up, and cooling down. How do they impact an athlete's performance and injury prevention? CO3K3

Staff In charge: Mrs.V.Preethi

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