



Maximum

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. Recognised by UGC Under Section 12 B
Coimbatore-641 043, Tamil Nadu, India

Continuous Internal Assessment I ~~February~~ ^{March} - 2022

Semester -IV

Class: II BSc Max Marks: 60

Major: Physical Education Duration: 2 hours
Games and Sports-IV

18BPEC15 Theory of

(Track & Field, Badminton and Table Tennis)

Course Outcomes:

1. Equip the students with the fundamental skills and knowledge to design his/her own training program.
2. Aims to provide students with the basic sports science knowledge and skills of running, jumping and throwing
3. Appreciate track and field events by applying sports science knowledge to explain the execution of the events.
4. Obtaining knowledge of the basic techniques, rules and regulations of the various events.
5. Verbalise the rules and regulations of each event.

Part -A

Answer all the questions

1x6=12

1. Hurdling is a CO1K1
 - a. Jumping event
 - b. Sprinting event
 - c. Running event
 - d. Bouncing event
2. Which leg determined the overall speed of the hurdle clearance CO1K2
 - a. Lead leg
 - b. Trail leg
 - c. Rear leg
 - d. Sleeping leg
3. What is the weight of the hurdle? CO2K4
 - a. 8 kg
 - b. 9kg
 - c. 10 kg
 - d. 12 kg
4. The number of flights for 100 mts hurdles CO2K2
 - a. 6
 - b. 8
 - c. 10
 - d. 14

5. One among the following is the not the part of the combined events for women CO1K3
- Hammer throw
 - Javelin throw
 - 100 hurdles
 - 800 mts

6. What is the rest period between the events in the combined events? CO1K4
- 15 min
 - 30 min
 - 45 min

Part B

Each answer should not exceed 400 words or two pages 3x6=18

- 7 (a). Write the rules for the conduct of the event hammer throw (Or) CO3K2
- 7 (b). State the physical characteristics of the Relay (Or) CO2K3
- 8 (a). List down the lead up activities for Relay (Or) CO2K2
- 8 (b). Draw a neat hammer sector with all specifications CO3K1
- 9 (a). List out the types of relay pattern exchange (Or) CO3K2
- 9 (b). Draw a neat diagram of relay pattern with specification CO1K1

Part C

Each answer should not exceed 800 words or two pages 3x12=36

- 10(a). Write the history, Origin and development of the Badminton (or) CO1K3
- 10 (b). Draw a neat hammer sector with all specifications CO2K2
- 11 (a). Write about the history of famous badminton player (Or) CO3K2
- 11 (b). Write the Indian, Olympic and World record for men Relay CO4K3
- 12 (a). Describe the conditioning and training for relay and Hammer throw (Or) CO4K3
- 12(b). Enumerate the techniques of Hammer and relay CO2K3