



Murugesu

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 12B
Coimbatore - 641 043, Tamil Nadu, India

**Bachelor of Physical Education Degree Examination – May 2024
IV Semester**

Class: II B.P.Ed. / 2021 Batch (Repeater)

**Time : 3 Hours
Max. Marks : 100**

21BPDC26 Officiating and Coaching

Course Outcomes:

- CO1: Demonstrate and apply basic mechanical and physics principles to human movements and implements used in various sports
CO2: identify the relationship between anatomical structure, physiological function and mechanical principles as they relate to the performance of basic and complex motor skills
CO3: Explain the knowledge and appreciation of the importance of the study of kinesiology as a foundations for further studies biomechanics and performance analysis
CO4: Analyze sport movements and design movement oriented exercise prescriptions and view the performance analysis
CO5: Describe the methods used to achieve the goals of exercise and sports biomechanics

Part A

10 x 1 = 10

Choose the Correct Answer

1. What is the primary goal of coaching? CO1 K2
a. To provide facilities b. To develop skills and performance
c. To criticize mistakes d. To micro manage tasks
2. Who said a sound mind in a sound body? CO2 K1
a. Descartes b. Rousseau c. Aristotle d. Plato
3. What are the essential roles in sports that involve guiding and overseeing athletes performance? CO1 K1
a. Teaching b. Playing c. Coaching d. Training
4. Psychology is a CO1 K1
a. Biological science b. Physical science c. Social science d. Natural science
5. A system of managing sports, specifically on implementing the games rules and keeping order in the duration of the game. CO2 K2
a. Sports Science b. Sports Officiating
c. Sports Program d. Sports Management
6. An efficient coach, he is who CO3 K2
a. communicates well b. communicates
c. demonstrates and explain d. communicates and explain
7. These qualities refer to the physical attributes of an officiating official. CO3 K1
a. Physical Qualities b. Social Qualities
c. Emotional Qualities d. Mental Qualities
8. What is the main goal of physical education? CO3 K1
a. Physical development b. Mental development
c. Social development d. All round development
9. Sports performance is the bi-product of CO2 K1
a. Skill b. Conditional ability c. Total personality d. Tactical ability
10. Which of the following is not a component of warm up? CO1 K2
a. Stretching b. Calisthenics c. Formal activity d. Exercise

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Explain the relation of players and spectators. CO2 K2
(or)
- 11.b. What is importance of officiating in games? CO2 K2
- 12.a. Briefly Explain the Philosophy of coaching. CO3 K1
(or)
- 12.b. What are the duties of coaches on post game? CO2 K2
- 13.a. What are the Mechanics of officiating? CO2 K2
(or)
- 13.b. Write short notes on Ethics of officiating. CO3 K4
- 14.a. What are the values of sports? CO4 K4
(or)
- 14.b. Explain the Qualities of coach. CO3 K2
- 15.a. Write short note on concept of conditioning. CO5 K1
(or)
- 15.b. Define Recreation and Lead up games. CO5 K2

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. What are measures to improve the standards of officiating and coaching? CO2 K2
(or)
- 16.b. Explain about meaning and concept of officiating and coaching. CO1 K2
- 17.a. List down the Responsibilities of a coach on and off the field. CO3 K2
(or)
- 17.b. Define the Psychological behaviour of competition and coaching. CO3 K2
- 18.a. List down the duties of official in part of pre, during and post games. CO4 K2
(or)
- 18.b. Explain and detail the Philosophy of officiating. CO3 K2
- 19.a. Detail about eligibility rules of inter collegiate and inter university tournaments. CO2 K2
(or)
- 19.b. How to prepare the TA, DA bills for inter collegiate tournament? CO3 K2
- 20.a. Explain in detail the importance and benefits of warm up and cool down. CO3 K2
(or)
- 20.b. List down the Principles of officiating and coaching. CO2 K1
