

**Avinashilingam Institute for Home Science and Higher Education for Women
[Deemed to be University] Coimbatore – 641 043**

Bachelor's Degree Examination – November 2018

Semester III

Class : II UG

Major : Physical Education

Time : 3 Hours

Max. Marks : 100

**15BPEC09 Theory of Games and Sports – III
[Track and Field and Football]**

Part – A

10 x 1 = 10

Choose the Correct Answer

1. The faster runner in relay usually runs in
 - a. first leg
 - b. second leg
 - c. third leg
 - d. fourth leg
2. How many throws does each competitor usually take in the finals of the discus throw
 - a. one
 - b. three
 - c. six
 - d. three and six
3. Height of the 100 mts Hurdle should be
 - a. .94 mts
 - b. .84 mts
 - c. 1.04 mts
 - d. 1.20 mts
4. Total Number of Hurdles in 400 mts
 - a. 10
 - b. 14
 - c. 12
 - d. 9
5. Length of the take – off board in long jump
 - a. 1.22 mts
 - b. 1.25 mts
 - c. 1.80 mts
 - d. 2.20 mts
6. Hitch – kick style is used in
 - a. High - jump
 - b. long - jump
 - c. triple jump
 - d. pole vault
7. The radius of circle in shot - put
 - a. 1.135 mts
 - b. 1.80 mts
 - c. 2.135 mts
 - d. 2.50 mts
8. Height of the foot ball post from the floor
 - a. 2.84 mts
 - b. 2.44 mts
 - c. 1.94 mts
 - d. 3.34 mts
9. Western roll style is used in
 - a. discuss throw
 - b. long jump
 - c. high jump
 - d. shot - put
10. World record of distance discus throw for men
 - a. 84.85 mts
 - b. 74.08 mts
 - c. 60 mts
 - d. 80 mts

Part – B

5 x 6 = 30

Answer the following

Answer should not exceed 400 words or two pages

- 11.a. Define : IAAF
(Or)
11.b. Draw a neat diagram of long jump pit and its measurements.
- 12.a. Draw a neat diagram of shot – put sector with specification.
(Or)
12.b. List down the equipments in track – events.
- 13.a. Give specific drills for sprint event.
(Or)
13.b. Explain and basic skills in foot ball.
- 14.a. List down the duties of officials in long - jump.
(Or)
14.b. List down the duties of officials in shot - put
- 15.a. Define any two skills in high – jump.
(Or)
15.b. List down the duties of officials in sprint event.

Part – C

5 x 12 = 60

Answer the following

Answer should not exceed 800 words or four pages

- 16.a. History and origin of foot ball.
(Or)
16.b. Explain AIFF and AFI.
- 17.a. Draw a hurdle with specification.
(Or)
17.b. Draw a High Jump cross bar and up rights with specification.
- 18.a. Draw a discuss throw sector and its measurements.
(Or)
18.b. List down the training for long distance runner.
- 19.a. Give specific training for foot ball.
(Or)
19.b. How to develop the lower extremity.
- 20.a. Give specific training for middle distance runner.
(Or)
20.b. Write the mechanism of officiating in foot ball.
