



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

Continues Internal Assessment – II (October 2025)
Semester V

Class : III B.Sc
Branch : Physical Education

Time : 2 Hours
Max. Marks: 60

23BPEC18 - Officiating and Coaching –I

Course Outcomes:

1. Understand the dimension and measurement of the games and Athletics.
2. Describe the rules and Regulations of the games and Athletics.
3. Apply the art of coaching the sports team.
4. Able to organize and officiate the Track and Field events.
5. Apply the concept of coaching and officiating.

Part A

6 x 1 = 6

Choose the Correct Answer

1. Which of the following athlete events was played in the ancient's Olympic game
a) Discuss b) pole vault c) steeplechase d) javelin CO2K1
2. A type of outdoor track is how many meters in length. CO3K1
a) 100 b) 200 c) 300 d) 400
3. Which of the following is the right sequence in the long jump? CO2K3
a) Step,Hop,Jump b) Step,Jump,Hop c) Hop,Step,Jump d) Step,Step,Jump
4. Marathon race distance -----? CO2K4
a) 42.182km b) 42.195km c) 40km d) 41.832km
5. who is Neeraj Chopra's current coach, appointed in late 2024? CO3K3
a) Czech b) Jan Železný c) Dr.Klaus Bartonietz d) hendir jhon
6. The 5K run is a long-distance road running competition over a distance of ----? CO1K5
a)3.107 mi b) 3.106mi c)3.108 mi d) 3mi

Part – B

3 X 6 = 18

Answer should not exceed 400 words or One Page

7. a. Draw a hammer throw sector CO2K5
Or
7. b. Short notes : Specific conditioning for relay Drills? CO1K5
8. a. Brief about types and technical skills for shotput throw? CO4K5
Or
8. b. Explain standard equipment and specifications of pole vault? CO1K3
9. a. List out the duties of track officials. CO2K4
Or
- 9.b. what are key elements of javelin throw and draw the javelin sector? CO1K5

Part – C

Answer the following

3 X 12 = 36

Answer should not exceed 800 words or one page

- 10.a. Explain the types of 100mt starts and define any one technique? CO1K5
Or
- 10.b. Draw a 100mts hurdles and mark the position with measurement. CO1K5
- 11.a. Draw a neat diagram of a high jump with measurements and officials duties . CO1K3
Or
- 11.b. Explain wind assistance and difference between headwind and tailwind?. CO1K2
- 12.a. Describe the origin of the Olympic games ? CO1K5
Or
- 12.b. Draw a score sheet: any one jumping event and throwing event and describe the tiebreaking system. CO3K5