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**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore -641 043
Bachelors Degree Examination – November 2018
I Semester**

**Class: I UG
Major : Physical Education**

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

18BPEC02 – Theory of Games and Sports (Kho-Kho, Throwball and Gymnastics)

PART A

Choose the best Answer

(10X1=10)

1. Kho-kho Federation of India was introduced in the year
a. 1955 b. 1960 c. 1990 d. 1980
2. Throwball was introduced in the year
a. 1970 b. 1940 c. 1950 d. 1920
3. Dimension of throw ball court
a. 12.20x18.30 mts b. 10.50x16.50 mts
c. 9.80x12.50 mts d. 7.50x9.50 mts
4. The distance in between the squares in kho-kho
a. 2.30 mts b. 1.30 mts c. 1.30 mts d. 2.50 mts
5. Dimension of the kho-kho Field
a. 25x20 mts b. 25x16 mts c. 29x16 mts d. 25x14 mts
6. Duration of time outs in throw ball
a. 60 sec b. 40 sec c. 30 sec d. 45 sec
7. Number of time outs in kho-kho
a. 2 b. 1 c. 4 d. nil
8. How many apparatus in Gymanustics for men
a. 8 b. 9 c. 4 d. 3
9. Name the gymnast who has scored perfect 10?
a. Androne b. Blyara c. Nadiacomanece d. Lady Gracy
10. Height of the throwball net is
a. 2.180 mts b. 1.80 mts c. 2.20 mts d. 2.50 mts

Part B

5 X 6=30

Answer the following

Answer should not exceed 400 words or two pages

11. a. Write any five rules of kho-kho.

(or)

b. Describe the history of game kho-kho.

12. a. Explain any two skills in throw ball.

(or)

b. Draw a neat diagram of throwball field.

13. a. Explain the types of Gymnastics Events for men & women.

(or)

b. Discuss any five fouls in throw ball.

14. a. Define: Chasing and defense.

(or)

b. Give specific drills in kho-kho

15. a. Discuss any five rules in throwball

(or)

b. Explain any two skills in kho-kho

Part C

5 x 12=60

Answer the following

Answer should not exceed 800 words or four pages

16. a. Write the history of Gymnastics

(or)

b. Draw a neat diagram of kho-kho court with specifications

17. a. Write the origin and history of throw ball

(or)

b. Explain and types of fouls in kho-kho

18. a. List down the awards, trophy and tournaments in kho-kho

(or)

b. Give specific training for gymnastics.

19. a. Draw a neat diagram of sub junior and senior's kho-kho court and measurements.

(or)

b. Give detail on throwball players position

20. a. List down the Gymnastic rules.

(or)

b. List down the types of floor gymnastics.
