



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

Continuous Internal Assessment – I (August 2025)

Semester- V

Class : III B.Sc

Time : 2 Hours

Branch : Physical Education

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 awards is given for excellence in sports coaching in India? CO1K1
(a) Arjun Award (b) Dronacharya Award
(c) Dhyan Chand Award (d) Major Dhyan Chand Award
2. The primary job of a coach is to provide CO1K2
(a) Training to the athletes (b) teaching to the spectators
(c) Commentating to the supporting staff (d) managing the players and staff
3. Judgement and communication during conduction of a game are considered as essential qualities of . CO1K2
(a) Journalists (b) Sports officials
(c) Spectators (d) Grounds men
4. NASO stands for CO1K2
(a) National Academy of Sports Officials (b) National Association of Sports Officials
(c) Nodal Association of Sports Officials (d) None of the above
5. What is the standard measure of a path designed for running? CO2K2
(a) 400 mt (b) 800mt (c) 200 mt (d) None of these
6. A good coach must have CO3K2
(a) Good behavior (b) knowledge of recent method of training
(c) Physical fitness (d) all of these

Part – B

3 X 6 = 18

Answer should not exceed 400 words or One Page

- 7.a) Define officiating and Coaching and explain the features of coaching CO1K1
(Or)
- 7.b) write about the concept of coaching ? CO1K2
- 8.a) Define the biomechanical and AI involvement in your favourite Games & Sports CO2K2
(Or)
- 8.b) List out the officiating style CO2K2
- 9.a) write the difference between Teaching & coaching CO3K3
(Or)
9. Write short notes on the following (any two) : CO4K3
(a) Qualification of an official (b) Mechanics of officiating
(c) General rules of sports

Part – C

Answer the following

3 X 12 = 36

Answer should not exceed 800 words or one page

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| 10.a) Explain the fundamental principles of officiating | CO1K2 |
| (Or) | |
| 10.b) Explain the importance of officiating | CO1K2 |
| 11.a) Describe the relationship of official and management | CO2K2 |
| (Or) | |
| 11.b) Draw a shot put sector and explain the coach duties in off season period | CO1K2 |
| 12.a) Describe the relationship of official and coach | CO3K1 |
| (Or) | |
| 12.b) Draw a Triple jump measurement with official duties | CO2K3 |