

BACHELOR OF PHYSICAL EDUCATION EXAMINATION, 2023

(1st Year, 1st Semester)

Officiating and Coaching (Elective)

PAPER - EC - 102

Time : Three hours

Full Marks : 70

Group - A

Answer **any three** questions.

15×3=45

1. Define sport-officiating. Write down the principles of sport-officiating. Mention only the ethics of sports officiating. 2+6+7=15
2. Explain the qualities of a good sports official. Describe the different duties performed by the good official for the better act of officiating. 7+8=15
3. What is coaching? Explain the responsibilities of a coach in details for the better performance in sports competition. 3+12=15
4. What are the essential qualities required to be a good sports coach? Describe the principles of sports coaching. 7+8=15
5. Write down the characteristics of a standard athletic track. Explain the formula of calculating full and half stagger distance and calculate the staggered distance for the 2nd, 5th and 8th lane. 6+9=15

Group - B

Write short notes (**any two**) :

7½×2=15

6. Draw a standard shot put sector with all measurement.
7. Draw a Kabaddi court with all measurements.
8. Tie breaking method in high jump and Borad Jump.
9. Draw a Kho-Kho court with all measurements.

Group - C

10. Answer **any ten** Questions (Put tick (✓) against the right answer) :

1×10=10

i) Width of the each lane in a standard track is

- | | |
|---------------|---------------|
| a) 1.22m | b) 1.25m |
| c) 1.20-1.23m | d) 1.21-1.23m |

ii) Distance from the starting line to first hurdle in 100m hurdle race is

- | | |
|-----------|-----------|
| a) 13.72m | b) 14.02m |
| c) 13m | d) 12.5m |

[Turn over

- iii) CDR of a standard track is
- a) 36.20m
 - b) 36.30m
 - c) 36.50m
 - d) 36.80m
- iv) Angle of Javelin sector is
- a) 29°
 - b) 34.92°
 - c) 28.96°
 - d) 30°
- v) First event of women's heptathlon
- a) High Jump
 - b) 100m Hurdles
 - c) 200m
 - d) 100m
- vi) When was the Pro Kabaddi League launched?
- a) 2012
 - b) 2015
 - c) 2014
 - d) 2018
- vii) In India which place was kho kho invented?
- a) Chennai
 - b) Kerala
 - c) Sikkim
 - d) Maharashtra
- viii) Which is the highest governing body of Kabaddi?
- a) IKA
 - b) IKF
 - c) IKC
 - d) ICAA
- ix) In which of the following events diagonal axes is not given?
- a) 800M
 - b) 4×100M Relay
 - c) 4×400m Relay
 - d) None of these
- x) To break tie in triple jump
- a) Consider the next best performance
 - b) Provide an additional trail
 - c) Consider all the attempts
 - d) Adopt any one of the above
- xi) How many players act as substitution in Kho-kho?
- a) 3
 - b) 4
 - c) 5
 - d) 6
- xii) Sport official may be
- a) Umpire
 - b) Referee
 - c) Scorer
 - d) All the above