

**FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION  
MARCH 2019**

Part D—Sports Specialization

GYMNASTICS

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Elaborate the History and development of GYMNASTICS in INDIA.

*Or*

2. Draw a diagram of Vaulting table with run way and landing area with all measurements.

(1 × 15 = 15 marks)

II. Write short notes on :

1 Pommel horse.

2 Types of Gymnastics.

3 Uneven bars.

(3 × 5 = 15 marks)

III. Explain the following :

1 Evaluation of compulsory and optional exercise.

2 Acrobatics gymnastics.

3 Types of Gymnastics competitions.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 Rhythmic gymnastic performance area \_\_\_\_\_.

2 Length and width of the Trampoline \_\_\_\_\_.

3 Length of the horizontal bar \_\_\_\_\_.

4 Women performance duration of floor exercise \_\_\_\_\_.

5 Father of modern gymnastics \_\_\_\_\_.

(5 × 1 = 5 marks)

**Turn over**

## V. State True or False :

- 1 Guts Muth is father of modern gymnastics.
- 2 Trampoline gymnastic are not include in Olympic games.
- 3 Duration of men artistic gymnastic floor exercise is 70 seconds.
- 4 Uneven bars length is 240 cm.
- 5 Ashish Kumar got bronze medal in 2010 commonwealth games.

(5 × 1 = 5 marks)

## VI. Write answer in one word :

- 1 Gymnastics was first introduce in modern Olympic games in which year.
- 2 Who was the first Indian women gymnast participated in Olympic games.
- 3 Name of the champion team in 2016 Olympic games, (women and men artistic gymnastic).
- 4 Full from of GFI.
- 5 Height of the horizontal bar.
- 6 Height of the vault table (men and women).
- 7 Full form of FIG.
- 8 Name of rhythmic gymnastic apparatus.
- 9 Difference between artistic and rhythmic gymnastics.
- 10 Write any *two* Indian gymnast name.

(10 × 1 = 10 marks)

## VII. Match the following :

- |                              |                                 |
|------------------------------|---------------------------------|
| 1 Ashish Kumar               | Educational gymnastics.         |
| 2 Ludwing John               | Vault table.                    |
| 3 Aero Series                | Modern Olympic games.           |
| 4 P.H. Ling                  | Tumverein movement.             |
| 5 Coubertin                  | Combination of tumbling skills. |
| 6 K.Uchimura                 | 1976.                           |
| 7 Simone B                   | American.                       |
| 8 Nadia Elena Comaneci       | Japan.                          |
| 9 Women Olympic participated | 2010.                           |
| 10 Produnova                 | Educational gymnastics.         |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

SPORTS SPECIALIZATION—BASKETBALL

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Draw a neat diagram of basketball court with measurement

*Or*

2 Elaborate about different passes and explain about general rules of good passing.

(1 × 15 = 15 marks)

II. Write short notes on :

3 Set shot technique.

4 Boxing out.

5 Common injuries in basketball and how it can be prevented.

(3 × 5 = 15 marks)

III. Explain the following :

6 Technique of layup shot.

7 The rule game lost by forfeit.

8 Types pivoting.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

9 \_\_\_\_\_ is illegal personal contact with an opponent that interferes with his freedom of movement.

10 Baseball pass is also known as \_\_\_\_\_.

11 \_\_\_\_\_ is the system in which defenders guard a particular area.

12 2019 Champion in women's basketball world cup is \_\_\_\_\_.

13 A \_\_\_\_\_ is the infraction of the rules concerning illegal personal contact with an opponent.

(5 × 1 = 5 marks)

**Turn over**

## V. State True or False :

- 14 BFI, was formed in 1950.
- 15 32 number of teams participate in Basketball world cup.
- 16 Five times United State won FIBA Basketball world cup.
- 17 A player is disqualified for the remainder of the game when he is charged with 2 unsportsmanlike foul.
- 18 Width of basketball board is 1.22m.

(5 × 1 = 5 marks)

VI. Write answer in *one* word :

- 19 Headquarters of FIBA.
- 20 Foul committed by an offensive player.
- 21 What is the weight of men basketball ?
- 22 Name the defensive strategy in which two players guard one player.
- 23 Which country won 2019 FIBA Basketball world cup ?
- 24 Define basketball.
- 25 Duration of Time out.
- 26 Height of the ring from the ground.
- 27 One-handed overhead pass.
- 28 A feint or a dummy to receive an opponent into making a wrong move.

(10 × 1 = 10 marks)

## VII. Match the Following :

- |                                  |                          |
|----------------------------------|--------------------------|
| 1 Dunk                           | I) Las vegas Aces.       |
| 2 Carrying                       | II) Less than 2 players. |
| 3 Aja Wilson                     | III) Offensive move.     |
| 4 Wheel move                     | IV) Hawks.               |
| 5 Ball handling guard            | V) Stuff.                |
| 6 Fast break                     | VI) 28m.                 |
| 7 Length of basketball court     | VII) post player.        |
| 8 Clint capela                   | VIII) Personal foul.     |
| 9 Default                        | IX) play maker.          |
| 10 Illegal contact with opponent | X) palming.              |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE [REGULAR/  
SUPPLEMENTARY] EXAMINATION, APRIL 2022**

B.P.Ed.

SPORTS SPECIALIZATION—BADMINTON

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. 1 Briefly narrate the historical development of the game of Badminton.

Or

2 Explain on planning the layout, construction and maintenance of badminton court.

(1 × 15 = 15 marks)

II. Write short notes on :

1 Officials for conduct of badminton match.

2 Common badminton injuries.

3 Importance of Footwork in badminton.

(3 × 5 = 15 marks)

III. Explain the following :

1 All England Championships.

2 Different types of grip in badminton.

3 Duties and responsibilities of referee.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 Badminton was introduced as an Olympic sport in \_\_\_\_\_ Olympics.

2 Number of officials for conduct of badminton match in one court is \_\_\_\_\_.

3 \_\_\_\_\_ was the first badminton player to win the All England Championships.

4 The international governing body for badminton is \_\_\_\_\_.

5 The golden point rule in badminton is when the score reaches \_\_\_\_\_ all.

(5 × 1 = 5 marks)

V. State true or False :

1 'Badminton is considered as the fastest racket sport.

2 The width of lines of a badminton court is 5 centimeters.

3 The rest interval between every game in badminton is for 60 seconds.

Turn over

- 4 The first rule of organized badminton game was framed in 1934
- 5 The longest of the training cycles is meso cycle.

(5 × 1 = 5 marks)

VI. Answer in one word :

- 1 Reigning world champion in Men's singles.
- 2 Governing body of badminton in India.
- 3 Badminton is the national sport of which country.
- 4 Name one Arjuna awardee in badminton from Kerala.
- 5 The first player from India to become World No 1.
- 6 Height of the badminton net at the edges.
- 7 Men's world team championship is played for which cup ?
- 8 Name the president of BWF.
- 9 The first version of badminton was played in which city in India.
- 10 Maximum permissible weight of badminton racket.

(10 × 1 = 10 marks)

VII. Match the following :

- |                                         |                                                           |
|-----------------------------------------|-----------------------------------------------------------|
| 1 Shuttle landing on the lines          | — (a) China.                                              |
| 2 Saina Nehwal                          | — (b) Fault.                                              |
| 3 P. V. Sindhu                          | — (c) Denmark.                                            |
| 4 Chen Long                             | — (d) Spain.                                              |
| 5 Lee Chong Wei                         | — (e) National Champion (India).                          |
| 6 Racket head pointing upwards at serve | — (f) Correct.                                            |
| 7 Carolina Marin                        | — (g) Olympic Silver medalist Womens<br>singles Rio 2016. |
| 8 Victor Axelsen                        | — (h) Commonwealth 2018 Womens singles<br>winner.         |
| 9 George Thomas                         | — (i) Olympic Gold, Mens Singles Rio 2016                 |
| 10 World Championship 2018              | — (j) Commonwealth 2018 Mens singles<br>winner.           |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

SPORTS SPECIALIZATION—JUDO

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Explain the origin, history and growth of judo in the world and India.

*Or*

2 Explain the planning and organizing of the competition arena for judo competition.

(1 × 15 = 15 marks)

II. Write short notes :

1 Fundamentals of judo.

2 Psychological preparations for judo competitions.

3 Classification of judo techniques.

(3 × 5 = 15 marks)

III. Explain Briefly :

1 Official signals for judo competition.

2 Judo international and national governing body, its set up and functions.

3 Motor development and training plans for judo.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 In judo \_\_\_\_\_ , means to apply pressure to the shoulder or the elbow.

2 \_\_\_\_\_ is the Japanese name used for the uniform of Judo practice and competition.

3 The Japanese term for judo mat is \_\_\_\_\_.

4 \_\_\_\_\_ means in Waza consists of using the opponent's own collar to strangle him.

5 As per records at Kodokan \_\_\_\_\_ was the first Indian to be awarded Black Belt in 1932.

(5 × 1 = 5 marks)

**Turn over**

V. State True or False :

- 1 A contestant is awarded a "Kiken-gachi" if the opponent withdraws from the contest for any reason.
- 2 Two "waza-ari" result in an "ippon gachi".
- 3 A "Shime " gives, if a contestant moves out of the contest area when not performing a Waza.
- 4 The opponent's arm lock is called in Japanese Udegarami.
- 5 Tandoku Renshu includes the training of the technical practice with partners.

(5 × 1 = 5 marks)

VI. Write answer in *one* word :

- 1 Where did the 2021 Judo Asia-Pacific Judo Championship take place ?
- 2 What is the weight of average single wawe judo gi ?
- 3 What is the meaning of Newaza randori ?
- 4 The Kodokan judo for practicing movements without a partner.
- 5 The opponent withdraws from the contest due to injury.
- 6 How do you spell the word for methods of holding in japanese ?
- 7 The opponent withdraws from the contest for any reason.
- 8 What is the meaning of Sono Mama ?
- 9 Where did the 2021 Judo World Judo Championship take place ?
- 10 What is the meaning of word judo ?

(10 × 1 = 10 marks)

VII. Match the following :

- |               |                                        |
|---------------|----------------------------------------|
| 1 Shido       | a) Counter techniques.                 |
| 2 Ne Waza     | b) Sitting position with legs crossed. |
| 3 Randori     | c) Unbalancing an opponent.            |
| 4 Kuzushi     | d) Free practice.                      |
| 5 Dachii      | e) Kneeling position.                  |
| 6 Ukemi       | f) Minor penalty.                      |
| 7 Kaeshi Waza | g) Hip techniques.                     |
| 8 Anza        | h) Break your fall.                    |
| 9 Seiza       | i) Stance.                             |
| 10 Koshi Waza | j) Ground techniques.                  |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

SPORTS SPECIALIZATION-GYMNASTICS

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Elaborate the different duties of the jury in the game of Gymnastics.

*Or*

2 Explain the all Rhythmic Gymnastics apparatus used at international level.

(1 × 15 = 15 marks)

II. Write short notes on :

1 Classification of free exercises in gymnastics.

2 Measurements of Horizontal bar.

3 History of gymnastics in India.

(3 × 5 = 15 marks)

III. Explain the following :

1 Draw out a 45 minute lesson plan of any gymnastics element.

2 Structural and orderly exercises.

3 Explain Simple and complex jumps.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 Length and width of the trampoline \_\_\_\_\_.

2 Length of the horizontal bar \_\_\_\_\_.

**Turn over**

- 3 Rhythmic gymnastic performance area \_\_\_\_\_.
- 4 Women performance duration of floor exercise \_\_\_\_\_.
- 5 Father of modern gymnastics \_\_\_\_\_.

(5 × 1 = 5 marks)

V. State True or False :

- 1 Uneven bars length is 240 cm.
- 2 Ashish Kumar got bronze medal in 2010 commonwealth games.
- 3 Guts Muth is father of modern gymnastics.
- 4 Trampoline gymnastic are not include in Olympic games.
- 5 Duration of men artistic gymnastic floor exercise is 70 seconds.

(5 × 1 = 5 marks)

VI. Write answer in *one word* :

- 1 Height of the horizontal bar.
- 2 Difference between artistic and rhythmic gymnastics.
- 3 Name of the champion team in 2016 Olympic games, (women and men artistic gymnastic).
- 4 Gymnastics was Firstly introduced in modern Olympic games in which year.
- 5 Name of rhythmic gymnastic apparatus.
- 6 Height of the vault table (men and women).
- 7 Full form of GFI.
- 8 Who was the first Indian women gymnast participated in Olympic games.
- 9 Write any *two* Indian gymnast name.
- 10 Full form of FIG.

(10 × 1 = 10 marks)

VII. Match the following :

- |                |                         |
|----------------|-------------------------|
| 1 P.H.Ling     | – Turnverein movement.  |
| 2 Ludwing John | – Vault table.          |
| 3 Acro Series  | – Modern Olympic games. |

- 4 Produnova – Educational gymnastics.
- 5 Coubertin – Combination of tumbling skills.
- 6 Simone B – 1976.
- 7 K. Uchimura – American.
- 8 Nadia Elena Comaneci – Japan.
- 9 Women Olympic participated – 2010.
- 10 Ashish Kumar – 1928.

(10 × 1 = 10 marks)

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**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

SPORTS SPECIALIZATION-HOCKEY

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

- 1 Explain in detail on the procedures of taking 16yards hit, Penalty corner and penalty stroke in attack.

Or

- 2 Explain in detail on Tactics, Essential of tactics and types of tactics ?

(1 × 15 = 15 marks)

II. Write Short notes on :

- 1 Main National level competitions.
- 2 Tackling and its types.
- 3 4-2-4-1 system of play and its advantages.

(3 × 5 = 15 marks)

III. Explain the following :

- 1 Positional play of Half backs.
- 2 Duties and powers of umpires.
- 3 Principles of attack and defence.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

- 1 Distance of penalty spot from inner edge of the goal line \_\_\_\_\_ mts.
- 2 Number of defenders for a penalty corner \_\_\_\_\_.

**Turn over**

- 3 Nation which won the Gold medal in 2020 Olympics men \_\_\_\_\_.
- 4 Permanent suspension of a player is given \_\_\_\_\_ card.
- 5 The stick must pass through a ring with an interior diameter \_\_\_\_\_.

(5 × 1 = 5 marks)

V. State True or False :

- 1 Players must approach within 5 metres of an opponent.
- 2 Direction of play is reversed in the third quarter of the match.
- 3 Broken lines are marked with their outer edges 6 meters from the outer edge of each circle-line.
- 4 Goalkeepers must not lie on the ball.
- 5 Defender, who is trying to prevent a goal being scored.

(5 × 1 = 5 marks)

VI. Write answer in *one word* :

- 1 When did Hockey become an Olympic game ?
- 2 What is the name of the Indian Hockey Wizard ?
- 3 Dimension of a Hockey court ?
- 4 Which nation has the most Olympic Gold Medals in Hockey with 8 medals ?
- 5 Signal of pointing both arms horizontally towards the center of the field ?
- 6 What is a Bully ?
- 7 Who was the captain of the Indian women hockey team for the 2020 Tokyo Olympics ?
- 8 Expand FIH ?
- 9 The backline between the goal-posts is called ?
- 10 Number of umpires for a match ?

(10 × 1 = 10 marks)

VII. Match the following :

- |                         |                      |
|-------------------------|----------------------|
| 1 Ball                  | (i) 23 meters.       |
| 2 Start the match       | (ii) Kickers.        |
| 3 Flag posts            | (iii) Centre pass.   |
| 4 Free hit              | (iv) 11.             |
| 5 Net mesh size         | (v) 4.               |
| 6 Field of play         | (vi) 45 mm.          |
| 7 Players               | (vii) Rectangular.   |
| 8 5 minutes' suspension | (viii) 4 Quarters.   |
| 9 Goal keeper           | (ix) 156 g to 163 g. |
| 10 Game                 | (x) Yellow card.     |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

SPORTS SPECIALIZATION—CRICKET

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 How did England come back after the loss of first test at Lords in the 2005 Ashes ?

*Or*

2 Explain the Journey of Indian Cricket Team in the inaugural T20 World Cup.

(1 × 15 = 15 marks)

II. Write short notes on :

1 What are the fundamental skills for a batsman ? How will you survive/tackle in a swinging and seaming condition in order to save your team on the last day of a Test Match ?

2 How did BCCI come up with the idea and the implementation of the most famous franchise league, IPL ?

3 Explain the Fielding rules in ODI cricket.

(3 × 5 = 15 marks)

III. Explain the following :

1 Important activities of Warm-Up (before the match) and Warm-Down (after the match).

2 Duties of Umpires in a cricket match.

3 Explain the basics of Bowling - Fast Bowling (Inswing, Outswing and Reverse Swing) and Spin (Leg Spin and Off Spin).

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 \_\_\_\_\_ was the man of the match in the famous 1999 WC Semi Final between Australia and South Africa.

2 Pitching in Line, Impact and \_\_\_\_\_ are the three criteria used in deciding an LBW decision after being reviewed.

**Turn over**

- 3 Sachin Tendulkar scored his first ever ODI century in the year \_\_\_\_\_.
- 4 Ben Stokes scored the series \_\_\_\_\_ in the famous Headingly Ashes Test during 2019 to level the series.
- 5 Maximum number of players allowed in the third powerplay of an ODI match is \_\_\_\_\_.

(5 × 1 = 5 marks)

V. Write answer in *one* word :

- 1 Highest ever partnership in Test Cricket.
- 2 First ever winner of Women's ODI World Cup.
- 3 Which team won Ranji Trophy 2020-21 ?
- 4 The only rule in cricket which allows a player in playing 11 to be replaced (batting/bowling) by another like player.
- 5 Latest professional franchise league format introduced by the England Cricket Board in 2021.
- 6 Which country is called the birth place of Cricket ?
- 7 Which team won the IPL 2020 ?
- 8 President of Board of Control for Cricket in India.
- 9 Where is the headquarters of Kerala Cricket Association (KCA) located ?
- 10 Who is the Secretary of Kerala Cricket Association ?

(10 × 1 = 10 marks)

VI. State True or False :

- 1 Virat Kohli named the captain of ICC Test Team of the Decade.
- 2 Only three fielders are allowed outside the circle in T20 Cricket.
- 3 Geoff Allardyce is the Chairman of ICC.
- 4 Rishabh Pant is the only Indian wicket keeper who scored an overseas century.
- 5 West Indies won the ICC T20 World Cup 2009.

(5 × 1 = 5 marks)

VII. Match the following :

- |                                                            |                   |
|------------------------------------------------------------|-------------------|
| 1 Man of the Series in ICC ODI World Cup 1999              | a) 2              |
| 2 Winner of 1987 Men's ODI World Cup                       | b) 1              |
| 3 Allowed bouncers in an over in T20                       | c) 3              |
| 4 Number of DRS for a Team in ODI                          | d) Jonty Rhodes   |
| 5 South African Cricketer with first name Jonathan Neil    | e) 5              |
| 6 Winner of 2016 ICC Women's T20 World Cup                 | f) England        |
| 7 Number of DRS for a Team in a Test Innings               | g) Lance Klusener |
| 8 Number of ODI World Cup wins by Australia                | h) Australia      |
| 9 Team against which India lost a home Test Series in 2012 | i) 7              |
| 10 Man of the Series Awards for Virat Kohli in T20 I       | j) West Indies    |
- (10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

SPORTS SPECIALIZATION-VOLLEYBALL

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

- 1 Explain different types of serve in volleyball and list down major rules in connection with execution of a serve ?

*Or*

- 2 Explain the origin and development of the game volleyball ?

(1 × 15 = 15 marks)

II. Write short notes on the following :

- 1 Official warm up session.
- 2 Positional fault and rotational fault.
- 3 Faults in playing the ball.

(3 × 5 = 15 marks)

III. Write short notes on :

- 1 Different types of blocks.
- 2 Any three attack combinations with three attackers when the setter is in front row.
- 3 Physical and motor qualities of volleyball players.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

- 1 The FIVB was founded in \_\_\_\_\_.
- 2 An unreturnable serve is known as \_\_\_\_\_.
- 3 Volleyball was originally called as \_\_\_\_\_.

**Turn over**

- 4 The distance between the pole and the side line is \_\_\_\_\_.
- 5 The size of net mesh \_\_\_\_\_.

(5 × 1 = 5 marks)

V. State True or False :

- 1 Reaching over the net during play cause the loss of the serve.
- 2 A ball going outside the antenna, but over the net to the other side is considered a legal hit.
- 3 The ball is in play if it hits the ceiling and lands in the opponents court.
- 4 Volleyball became an Olympic sport in 1964.
- 5 A foul is called when a served ball that has only partially crossed the net is attacked.

(5 × 1 = 5 marks)

VI. Write answer in *one word* :

- 1 When does your team rotate in a volleyball game ?
- 2 From which position the service is taken ?
- 3 What is called an overhand serve where the ball is hit with no spin so that its path becomes unpredictable ?
- 4 How many time-outs are allowed for each team per game ?
- 5 If a ball is not hit on a block, how many times may a team contact a ball before it must go over the net ?
- 6 What is the width of attack line ?
- 7 Name the volleyball player who won the Arjuna Award in the year 2014 ?
- 8 Name the Dronacharya Award winner from volleyball in year 2007 ?
- 9 How is the serving team chosen ?
- 10 What is it called when a server steps past the serving line ?

(10 × 1 = 10 marks)

## VII. Match the following :

- |    |                                                               |   |                |
|----|---------------------------------------------------------------|---|----------------|
| 1  | Distance between the pole and the side line                   | - | Ace.           |
| 2  | Arjuna Award (1976)                                           | - | K.C. Elamma.   |
| 3  | Size of the net mesh                                          | - | 5 cm.          |
| 4  | Warm up area                                                  | - | 1 m × 1 m.     |
| 5  | Width of the side band                                        | - | Serve.         |
| 6  | Arjuna Award (1975)                                           | - | Jimmy George.  |
| 7  | Penalty area                                                  | - | 10 cm × 10 cm. |
| 8  | Position of the ball so that the teammate can attack          | - | 50 cm.         |
| 9  | Putting the ball in to play by the right back                 | - | 3 m × 3 m.     |
| 10 | When the ball is served to the other team and none touched it | - | Set.           |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

SPORTS SPECIALIZATION-KHO-KHO AND KABADDI

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Draw a neat diagram of men Kabaddi court with measurement.

*Or*

2 How many officials do you need to officiate a Kho Kho match? Elaborate on the duties of each official.

(1 × 15 = 15 marks)

II. Write short notes on :

3 Super Tackle

4 Direction and Cross lane covering in Kho-Kho.

5 Lobby.

(3 × 5 = 15 marks)

III. Explain the Following :

6 Running Pole turning.

7 Do or Die.

8 Chain game 2-5-6 up and one drill.

(3 × 5 = 15 marks)

IV. Fill n the Blanks :

9 An imaginary line running through the center of the shoulders of an attacker is known as \_\_\_\_\_.

10 The bonus point shall be marked as a \_\_\_\_\_ in the running score.

**Turn over**

- 11 In Kho Kho court width of each line should not be more than \_\_\_\_\_ cm
- 12 \_\_\_\_\_ is the player who received Arjuna award in Kabaddi in the year 2020
- 13 The distance that separates the baulk line and bonus line is \_\_\_\_\_ meters.

(5 × 1 = 5 marks)

V. State True or False :

- 14 If five defensive players are there in the court the raider gets bonus point.
- 15 Duration of women kabaddi game is 15-5-15.
- 16 The warning card for Kho Kho game is green
- 17 Intersection of center lane and cross lane is known as freezone.
- 18 One raider can use Lobby after touching Anti raider.

(5 × 1 = 5 marks)

VI. Write answer in *one word* :

- 19 What is the circumference of pole in Kho Kho ?
- 20 Duration of Time out in kho kho.
- 21 Duration of men kabaddi match.
- 22 Card used for warning in Kabaddi.
- 23 No of reserve players in Kabaddi.
- 24 In minimum chase, after how much time the referee is supposed to end the match if a team exceeds the recorded time of the opponent ?
- 25 If a batch of 3 defenders is given out as late entry, how much time the referee shall allot to the next batch to enter the field ?
- 26 During the execution of pole dive, is it a foul to turn the shoulder more than 90 degrees.
- 27 Card used for temporary suspension in kabaddi
- 28 Struggle.

(10 × 1 = 10 marks)

## VII. Match the Following :

- |                     |                             |
|---------------------|-----------------------------|
| 1 Lona              | I) One point.               |
| 2 1 M square        | II) Two point.              |
| 3 Additional inning | III) Minimum chase.         |
| 4 Hand touch        | IV) Raider skill.           |
| 5 Ring game         | V) Wooden post.             |
| 6 Toss              | VI) Substitution zone.      |
| 7 120cm to 125cm    | VII) Duration of men match. |
| 8 Lobby             | VIII) One meter.            |
| 9 20-5-20lm         | IX) Court or ride.          |
| 10 Bonus point      | X) Defensive skill.         |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. DEGREE (INTEGRATED)  
[REGULAR/SUPPLEMENTARY] EXAMINATION, APRIL 2022**

B.P.Ed.

SPORTS SPECIALIZATION HAND BALL

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

1. Answer any *one* of the following :

(i) (a) Discuss any four fundamental skills of handball.

*Or*

(ii) (b) Who all are the officials to conduct a Hand ball match ? Explain their duties.

(1 × 15 = 15 marks)

2. Write short notes on these *three* :

(i) Important National tournaments.

(ii) Acceleration of punishment.

(iii) Discus group tactics.

(3 × 5 = 15 marks)

3. Explain the course of Movement/Technique of *three* of the following :

(i) Straight shot with and without blocking step.

(ii) Dribbling.

(iii) Catching the straight ball and passing.

(3 × 5 = 15 marks)

4. Write answer in one sentence/word :

(i) How many Yellow cards can be awarded to a player ?

(ii) Has any player in India ever won an Arjuna Award in handball.

(iii) Up until when can the referees disallow a goal which has been awarded.

(iv) Where is the headquarters of International Handball Federation ?

(v) What is the maximum number of warning that should be given to the officials of a team during a match ?

**Turn over**

- (vi) When does the suspension time of a player start ?
- (vii) When was the international Handball Federation founded ?
- (viii) For a 7-metre throwing, who decides which goal should be used.
- (ix) Indoor handball became an Olympic sport in which year.
- (x) What is the distance of the substitution line from the center line ?

(10 × 1 = 10 marks)

5. Match the following :

- |                              |           |
|------------------------------|-----------|
| (i) Duration of time out     | — 475 g.  |
| (ii) Free space area at side | — 10 min. |
| (iii) Duration of half time  | — 1 m.    |
| (iv) Women                   | — 1 min.  |
| (v) Men                      | — 56 cm.  |

(5 × 1 = 5 marks)

6. Fill in the blanks :

- (i) Length of the four meter line is \_\_\_\_\_.
- (ii) Three bit whistle blown by the referee for \_\_\_\_\_.
- (iii) The person in possession of the ball is allowed to keep it for a \_\_\_\_\_ second before passing it.
- (iv) In Tokyo Olympics, women's handball gold medal was won by \_\_\_\_\_.
- (v) Height of the goal post is \_\_\_\_\_.
- (vi) The thickness of the handball post is \_\_\_\_\_ square.
- (vii) To start a handball match minimum \_\_\_\_\_ number of players are required.
- (viii) \_\_\_\_\_ points are each goal worth.
- (ix) In 1995, \_\_\_\_\_ Asian country won the Woman World Championship in handball ?
- (x) The handball match will start with a \_\_\_\_\_.

(10 × 1 = 10 marks)

7. True or False :

- (i) Once you get the ball you may take 3 running steps before releasing it.
- (ii) After shooting, an offensive player can enter the restricted area and collect the rebound.
- (iii) A player kicking the ball into the goal does not score for their team.
- (iv) The person in possession of the ball is allowed to keep it for 5 seconds before passing it.
- (v) While taking the throw in, a player must throw it by touching the side line.

(5 × 1 = 5 marks)

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**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

SPORTS SPECIALIZATION—FOOTBALL

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Explain the history and development of football?

*Or*

2 Elucidate various techniques and tactics in football. Briefly explain any tactics used in modern football.

(1 × 15 = 15 marks)

II. Write short notes on :

1 FIFA tournaments.

2 Mention any two distinguished players of football and describe their achievements and contributions.

3 Describe the technique 'dribbling' in Football. Illustrate and explain any organised drill to develop dribbling.

(3 × 5 = 15 marks)

III. Explain the following :

1 Principles of attack.

2 4-3-3 system

3 Laws of the game.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 The first winner of FIFA world cup was \_\_\_\_\_.

2 The venue of FIFA men's world cup 2022 is \_\_\_\_\_.

3 The adidas golden ball award is given for \_\_\_\_\_.

4 Zabivaka was the mascot of which world cup \_\_\_\_\_.

5 Which French footballer was the man of the match in fifa world cup final 2018 \_\_\_\_\_.

(5 × 1 = 5 marks)

**Turn over**

## V. State True or False :

- 1 Jules Rimet was a former president of FIFA.
- 2 A goal can be scored from a goal kick.
- 3 The minimum players required in a team to start a match is 11.
- 4 A goal can be scored directly from a corner kick.
- 5 The top scorer in FIFA world cup gets golden boot.

(5 × 1 = 5 marks)

VI. Write answer in *one* word :

- 1 What is the pressure inside a football ?
- 2 What is the length and width of international football field ?
- 3 The headquarters of FIFA.
- 4 Which is the oldest state football association of India ?
- 5 What is the weight of a football before a match ?
- 6 Name the golden ball winner of 2018 world cup ?
- 7 Which country won the FIFA world cup 2014 ?
- 8 Who won the golden glove award in FIFA 2018 Russia ?
- 9 Which Indian club made history by winning the IFA shield in 1911 ?
- 10 Which Indian tournament is the third oldest football tournament in world ?

(10 × 1 = 10 marks)

## VII. Match the following :

- a) Mohun Bagan - Maradona.
- b) IMVijayan - Arsenal.
- c) PK Banerjee - Spain.
- d) Jules Rimet - Manchester United.
- e) EMS stadium - Brazil.
- f) Maracana - Kozhikode.
- g) Gunners - Mariners.
- h) Red Devils - Kerala Police.
- i) Real Madrid - First Arjuna Awardee.
- j) 1986 world cup - FIFA president.

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

SPORTS SPECIALIZATION-TRACK AND FIELD

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

1. Answer any *one* of the following :

a) Describe the duties of different officials in the conduct of an athletic meet.

*Or*

b) Draw a standard 400 m track with lines for relays.

(1 × 15 = 15 marks)

2. Write short note on :

a) Tie breaking procedure in high jump.

b) What are the qualities needed for a good sprinter ?

c) Talent identification.

(3 × 5 = 15 marks)

3. Explain the following :

a) Preliminary swing in hammer throw.

b) Types of start in track events.

c) Stager Distance.

(3 × 5 = 15 marks)

4. Fill in the blanks :

a) Forward launching is a \_\_\_\_\_ technique.

b) Width of the Long jump runway is \_\_\_\_\_.

c) Fosbury flop technique is used in \_\_\_\_\_ event.

**Turn over**

- d) Glide technique in shot put also called as \_\_\_\_\_.
- e) In standard 400 m track width of the lane should be \_\_\_\_\_ M.

(5 × 1 = 5 marks)

5. State True or False :

- a) There shall be a cord grip around the center of gravity of Javelin.
- b) Height of the hurdle can be adjusted as per the height of the athletes.
- c) Competitors may compete in bare feet in some of the events in track and field.
- d) Direction of running should be by the left hand inside.
- e) In all the races, competitors should keep in their allotted lane from start to finish.

(5 × 1 = 5 marks)

6. Write answer in *one word* :

- a) Weight of shot put for women.
- b) No. of hurdles in 3000 m steeple chase.
- c) The distance between the uprights in high jump.
- d) IAAF.
- e) Hang style is in which event.
- f) Minimum width of the runway in long jump is.
- g) Exchange Zone in relay race.
- h) Jump off is used in which event.
- i) Width of the lane.
- j) IOA.

(10 × 1 = 10 marks)

7. Match the following :

- |                               |             |
|-------------------------------|-------------|
| a) Finish grip                | 1) 800 m.   |
| b) Plasticine indicator board | 2) Hurdles. |
| c) Passing zone               | 3) Javelin. |

- d) Leading leg
- e) Finish technique
- f) Fart lek
- g) 26 miles 385 yard
- h) Blocks
- i) Middle distance
- j) Stop board
- 4) Run through.
- 5) Marathon.
- 6) Sprint.
- 7) Long jump.
- 8) Shot put.
- 9) Relay.
- 10) Endurance.

(10 × 1 = 10 marks)

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**FOURTH SEMESTER B.P.Ed. (INTEGRATED) DEGREE  
[REGULAR/SUPPLEMENTARY] EXAMINATION, APRIL 2022**

B.P.Ed.

Paper XXI—HEALTH AND FITNESS MANAGEMENT

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Define "fitness" and "wellness". Explain the Components of fitness.

Or

2 What is Balanced diet ? Explain the components of Balanced diet.

(1 × 15 = 15 marks)

II. Write short notes :

1 Relaxation Techniques.

2 Sports drinks.

3 Life style Management.

(3 × 15= 15 marks)

III. Explain the following :

1 Anaerobic fitness.

2 Caloric values of food.

3 Physiological fitness.

(3 × 15 = 15 marks)

IV. Fill in the blanks :

1 Vitamins and minerals are considered as \_\_\_\_\_.

2 The body part in which the skeletal muscle 'Quadriceps' appears in \_\_\_\_\_.

3 \_\_\_\_\_ form of cholesterol is considered as 'good cholesterol'.

Turn over

- 4 Lower back pain is affected in \_\_\_\_\_ region of the spine.
- 5 Food swallowed goes down the digestive tract because of \_\_\_\_\_ movement.

(5 × 1 = 5 marks)

V. State True or False :

- 1 Gluteus Maximus is the biggest and powerful muscle at the Hip joint.
- 2 Tocoferol, the scientific name of Vitamin E.
- 3 Adduction is the movement of a limb toward middle of body.
- 4 Antagonist Muscle directly engaged in contraction that is primarily responsible for movement of a body part.
- 5 Cardiovascular conditioning improves the functional capacity of Respiratory and Skeletal systems.

(5 × 1 = 5 marks)

VI. Write the answer in one word :

- 1 The largest organ in the human body :
- 2 The muscle in the human body in triangle shape :
- 3 Excessive fluid loss from the body, normally from perspiration, urination, evaporation or being sick -
- 4 Expand HIIT:
- 5 Bile is stored in this organ of the human body:
- 6 Expand FITT:
- 7 Hormone that stimulates metabolism, increases alertness and increases blood pressure
- 8 The study of muscles and their relation to movement. :
- 9 Portable device that counts each step a person takes by detecting the motion :
- 10 A state of balance or alignment in body, mind, and spirit:

(10 × 1 = 10 marks)

VII. Match the following :

- |    |                                                                 |                           |
|----|-----------------------------------------------------------------|---------------------------|
| 1  | Building block for most carbohydrates                           | — (a) Concentric.         |
| 2  | Resting blood pressure is greater than or equal to 140/90 mm Hg | — (b) Gerontology.        |
| 3  | Improves flexibility, builds strength                           | — (c) Glucose.            |
| 4  | Vitamin A                                                       | — (d) Functional trainer. |
| 5  | body mass index (BMI) of 30 kg/m <sup>2</sup> or greater        | — (e) Obese.              |
| 6  | An isotonic contraction where the muscle lengthens              | — (f) Retinol.            |
| 7  | An isotonic contraction where the muscle shortens               | — (g) Pilates             |
| 8  | Measurement of the size and proportions of the human body       | — (h) Hypertension.       |
| 9  | The multidisciplinary study of all aspects of ageing            | — (i) Anthropometries.    |
| 10 | Strength Training equipment                                     | — (i) Eccentric.          |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. DEGREE (INTEGRATED)  
[REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

Paper XX—ADAPTED PHYSICAL EDUCATION

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any of the following :

1. Describe the facilities and equipments for the disabled in secondary school and colleges.
2. Explain the Government Welfare Programme for Disabled Scheme for Disabled

(1 × 15 = 15 marks)

II. Write short notes :

- 1 Explain the causes of behavioural disorder.
- 2 Functional Rehabilitation.
- 3 Explain disability and types of disability.

(3 × 5 = 15 marks)

III Explain the following :

- 1 Explain the benefits of physical activity for individual with disability.
- 2 Individual benefits of adaptive sports.
- 3 Explain DDRS. Objectives.

(3 × 5 = 15 marks)

IV. Fill in the Blanks :

- 1 International Para Olympics committee head quarters is situated at \_\_\_\_\_.
- 2 Post natal disabilities are gained after \_\_\_\_\_.
- 3 Founder of International Special Olympics is \_\_\_\_\_.
- 4 Anacusis is also known as \_\_\_\_\_.
- 5 Special Olympics started in the year \_\_\_\_\_.

(5 × 1 = 5 marks)

**Turn over**

## V. True or False :

- 1 The President of the IPC is Andrew Parsons.
- 2 2023 Special Olympics will be held in Bevlín, Germany.
- 3 The Rehabilitation Act of 1973 designed to prevent discrimination for individuals with disabilities in programme or activities receiving federal financial assistance.
- 4 Scheme to promote voluntary action for persons with disabilities was named as DDRS
- 5 The Government of India formulated.

(5 × 1 = 5 marks)

## VI. Write answer in one word :

- 1 Write any *one* cause for vision loss.
- 2 Write any *one* symptom of behavioural Disorder.
- 3 Any adopted sports.
- 4 Write any *one* cause for spinal Cord injury.
- 5 Abbreviation of RCI.
- 6 Name any *one* organization for disabled person.
- 7 Write any *one* cause for Spinabifida.
- 8 Write any *one* type of behavioural disorder.
- 9 Write any *one* type of visual impairment.
- 10 Write any *one* cause for vision loss.

(10 × 1 = 10 marks)

## VII. Match the following :

- |                                            |                                         |
|--------------------------------------------|-----------------------------------------|
| 1 2019 Special Olympics                    | — DDRS.                                 |
| 2 IPC                                      | — 1973.                                 |
| 3 Visual Impairment                        | — International Paralympics Association |
| 4 Physical Disability                      | — NPPCD.                                |
| 5 2020 paralympics                         | — Colour Blindness.                     |
| 6 Deendayal Disabled Rehabilitation Scheme | — Disabled People's Organization.       |
| 7 Social Welfare Program for disabled      | — Muscle Dystrophy.                     |
| 8 DPO                                      | — Asian Paralympics Committee.          |
| 9 AP                                       | — Abu Dhabi.                            |
| 10 Rehabilitation Act                      | — Tokyo.                                |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

Paper XIX—BIOMECHANICS

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Explain the biomechanical analysis of walking gait versus running.

*Or*

2 Describe Newton's laws of motion and their application in sports.

(1 × 15 = 15 marks)

II. Write short notes :

1 Principles of force application.

2 Factors influencing trajectory of projectile.

3 Factors affecting equilibrium.

(3 × 5 = 15 marks)

III. Explain the following :

1 Types of equilibrium.

2 Classes of lever.

3 Types of spin.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 \_\_\_\_\_ is an upward force exerted by a fluid that opposes the weight of an immersed object.

2 \_\_\_\_\_ refers to how fast an object rotates or revolves relative to another point

**Turn over**

- 3 \_\_\_\_\_ is the type of spin on a ball propelled through the air imparts a downward force that causes the ball to drop, due to its interaction with the air
- 4 \_\_\_\_\_ is the event in which two or more bodies exert forces on each other in about a relatively short time.
- 5 \_\_\_\_\_ is the opposing force that comes into play when one body is actually moving over the surface of another body.

(5 × 1 = 5 marks)

V. State True or False :

- 1 An object generally continues to move with the same speed in the same direction unless acted upon by an external force.
- 2 In second class lever the fulcrum is in between force and weight.
- 3 A projectile is any object that is given an initial velocity and then follows a path determined by the initial velocity.
- 4 The centre of gravity of a human body will change according to different position.
- 5 Heel strike, an action of walking gait cycle is in stance phase.

(5 × 1 = 5 marks)

VI. Write answer in *one word* :

- 1 Which type of equilibrium is in set position of sprints ?
- 2 In which type of lever, the weight is in between force and fulcrum ?
- 3 Name the phenomenon associated with a spinning object moving through the air or fluid.
- 4 The point where the entire mass or weight of the body may be considered to be concentrated is
- 5 The path of an object projected into free air space is known as
- 6 Newton's first law of motion is known as
- 7 The study of mechanical laws relating to the movement of living organisms is called
- 8 Which angle produces the greatest range ?
- 9 A benefit obtained by using a lever is called
- 10 Which law of motion express the cause and effect relationship ?

(10 × 1 = 10 marks)

VII. Match the following :

- |                         |                            |
|-------------------------|----------------------------|
| 1 Arm cocking           | a) Catching a ball safely. |
| 2 Force                 | b) Magnus effect.          |
| 3 Newton's third law    | c) Buoyancy.               |
| 4 Lying on floor        | d) Throwing.               |
| 5 Spinning ball         | e) Action-reaction.        |
| 6 First class lever     | f) Balance.                |
| 7 Straight line         | g) Third class lever.      |
| 8 Archimedes' principle | h) Stable equilibrium.     |
| 9 Biceps curl           | i) Linear motion.          |
| 10 $F = ma$             | j) Newton.                 |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE (REGULAR/  
SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

Paper XVIII—MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

- 1 Define Organizational structure of sports management in national educational sector.
- 2 Traditional styles of management.

(1 × 15 = 15 marks)

II. Write short notes :

- 3 Personnel Management.
- 4 Modernization
- 5 Purpose of financial management ?

(3 × 5 = 15 marks)

III. Explain the following :

- 6 Selection of equipment.
- 7 Scope of supervision in physical education.
- 8 Characteristics of a good gymnasium.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

- 9 \_\_\_\_\_ develops civic sense, social co-existence and co-operation among participants.
- 10 \_\_\_\_\_ is an integral part of managerial system.
- 11 \_\_\_\_\_ Competitions are open to all irrespective of Institutions.
- 12 \_\_\_\_\_ defines where the organization wants to be in the future and how to arrive there.
- 13 Man, motive and \_\_\_\_\_ are fundamental to physical education and sports.

(5 × 1 = 5 marks)

**Turn over**

## V. State True or False :

- 14 Physical Education and sports are highly institutionalized endeavors.
- 15 Staffing is the process of directing commences with asserting oneself on the work environment and delegating of responsibility and authority at the same time.
- 16 "Visit by call" is a supervisory technique.
- 17 Exhibitions are an important device of Public Relation.
- 18 Autocratic style refers to "Two man" administration.

(5 × 1 = 5 marks)

VI. Write answer in *one* word :

- 19 Evaluating.
- 20 What is management according to daft and Marcic (2004) ?
- 21 What is the main purpose of Budget ?
- 22 What is Planning according to Vanderwaag (1985) ?
- 23 Types of equipments.
- 24 Types of Leaders.
- 26 Which are the different supervisory techniques ?
- 27 From which Italian word does the term Management derived from ?
- 28 Indirect Public relation.

(10 × 1 = 10 marks)

## VII. Match the following :

- |                            |                                |
|----------------------------|--------------------------------|
| 29 Laissez-Faire           | a) Acoustics.                  |
| 30 Voluntary organizations | b) East-West.                  |
| 31 Management              | c) Storekeeping.               |
| 32 Budget                  | d) National Olympic Committee. |
| 33 Kho Kho                 | e) Flexible.                   |
| 34 Public Relation Media   | f) Let alone.                  |
| 35 Supervisor              | g) Resourcefulness.            |
| 36 Gymnasium               | h) Institute.                  |
| 37 Intramural              | i) Conclaves.                  |
| 38 Equipment               | j) Decision Making.            |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

Paper XVII—CORRECTIVE PHYSICAL EDUCATION

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Define corrective physical education. Explain its history and objectives.

*Or*

2 Enumerate the classification of massage manipulation and their therapeutic uses.

(1 × 15 = 15 marks)

II. Write short notes :

1 General principles of massage.

2 Isotonic and isometric exercises.

3 Lordosis and Scoliosis.

(3 × 5 = 15 marks)

III. Explain the following :

1 Physiological effects of massage.

2 Importance of relaxation movements.

3 Disadvantages of bad posture.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 \_\_\_\_\_ is a rhythmic pressing down of the soft tissue on to underlying structure in circular manner.

2 \_\_\_\_\_ are characterized as hard, muscular, thick-skinned, and as having good posture.

**Turn over**

- 3 The treatments and exercises performed in water for relaxation, fitness, physical rehabilitation, and other therapeutic benefit is known as \_\_\_\_\_.
- 4 The outward curvature of knees known as \_\_\_\_\_.
- 5 \_\_\_\_\_ is a type of knee alignment seen when a person stands up straight with their knees together, but their feet and ankles stay apart.

(5 × 1 = 5 marks)

V. State True or False :

- 1 Petrissage is an application of a succession of soft blows to the body by various parts of hand.
- 2 Cryotherapy is an immediate treatment provided to an athlete upon a sports injury.
- 3 Ectomorphs are characterized as hard, muscular, thick-skinned, and as having good posture.
- 4 Lordosis is an exaggerated inward curve or arch in ones lower back.
- 5 Isometric Exercise is an exercise the muscle change's its length.

(5 × 1 = 5 marks)

VI. Write answer in one word :

- 1 What is the technique used for "Effleurage" ?
- 2 What is the lateral curvature of the spine called ?
- 3 What is an exercise involving the static contraction of muscle without any visible movement in the angle of joint ?
- 4 For what purpose IOWA poster test is using ?
- 5 For what purpose Poster Grid is using ?
- 6 In which massage therapists use sharp, rapid movement performed with elbows bent and arms away from the body, the fingers are relaxed and facing each other, striking the area alternately ?
- 7 Name of the deformity which is occurred the curving of the thoracic spine that causes a bowing or rounding of the upper back ?
- 8 Name of the deformity which is occurred the outward curvature of knees ?

- 9 Which vertebral deformity is known as Lordosis ?
- 10 Who is a classified body type as Asthenic, Athletic and Pyknic ?

(10 × 1 = 10 marks)

VII. Match the following :

- |               |                                      |
|---------------|--------------------------------------|
| 1 Scoliosis   | a) Kneading.                         |
| 2 Lordosis    | b) Endomorph.                        |
| 3 Kyphosis    | c) Pounding.                         |
| 4 Obesity     | d) Ssideways curvature of the spine. |
| 5 Bow legs    | e) Outward curvature of knees.       |
| 6 Sheldon     | f) Lumbar region.                    |
| 7 Flat foot   | g) Abnormal arch.                    |
| 8 Knock knee  | h) Inward bent.                      |
| 9 Tapotment   | i) Hunch back.                       |
| 10 Petrissage | j) Higher Body Fatness.              |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2021**

B.P.Ed.

BASKETBALL

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 What is free-lance passing game ? The benefits and drawbacks of the free-lance passing game.

*Or*

2 Explain in detail the fundamentals of basketball.

(1 × 15 = 15 marks)

II. Write short notes on :

3 Goal tending and its penalty.

4 Physiological traits of basketball player.

5 Different types of dribbling.

(3 × 5 = 15 marks)

III. Explain the following :

6 Technique of chest pass and bounce pass.

7 The situation ball become- "DEAD".

8 Set shot technique.

(3 × 5 = 15 marks)

IV. Fill in the Blanks :

9 A \_\_\_\_\_ is the infraction of the rules concerning illegal personal contact with an opponent.

10 FIBA Basketball world cup held every \_\_\_\_\_ years.

11 \_\_\_\_\_ is a feint or a dummy to deceive an opponent into making a wrong move.

12 \_\_\_\_\_ is an Indian women's basket ball player who competed in the WNBA.

13 Baseball pass is also known as \_\_\_\_\_.

(5 × 1 = 5 marks)

**Turn over**

## V. State True or False :

- 14 Duration of time out is 30 seconds.
- 15 WNBA founded on April 1996.
- 16 2019 FIBA Basketball world cup won by Argentina.
- 17 Width of basketball board is 1.8 m.
- 18 BFI, was formed in 1950.

(5 × 1 = 5 marks)

VI. Write answer in *one* word :

- 19 Expansion of FIBA.
- 20 Foul committed by an offensive player.
- 21 Where is the head quarter of FIBA ?
- 22 What is the extra five minute time to break tie ?
- 23 Most valuable player of WNBA 2020.
- 24 Which country won gold medal in basketball men in 2021 Olympics ?
- 25 2019 Champion in women's basketball world cup.
- 26 Name the defensive strategy in which two players guard one player.
- 27 A feint or a dummy to receive an opponent into making a wrong move.
- 28 Width of basketball court.

(10 × 1 = 10 marks)

## VII. Match the following :

- |                       |                        |
|-----------------------|------------------------|
| 1 WNBA                | I) post player         |
| 2 Double team         | II) 1.22m              |
| 3 Start a fast break  | III) Three second lane |
| 4 Wheel move          | IV) Trap               |
| 5 Length of board     | V) Zone Defense        |
| 6 Fox Box drill       | VI) play maker         |
| 7 Dunk                | VII) outlet pass       |
| 8 Ball handling guard | VIII) Carrying         |
| 9 1-3-1               | IX) Indiana fever      |
| 10 Palming            | X) Stuff               |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2021**

B.P.Ed.

JUDO

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Elaborate the role of Dr. Jigaro Kano in introducing and promoting Judo.

*Or*

2 Explain the planning and orga nizing of the competition arena for judo competition.

(1 × 15 = 15 marks)

II. Write short notes :

1 Official signals for judo competition.

2 Principles of Judo.

3 Nage Waza technique.

(3 × 5 = 15 marks)

III. Explain Briefly :

1 Fundamentals of judo.

2 Judo short term and long term training plans.

3 Psychological preparations for judo competitions.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 The weight of double wawe judo gi is \_\_\_\_\_.

2 In \_\_\_\_\_, when Judo Federation of India was formed.

3 \_\_\_\_\_ is the official name of the Kodokan for practicing movements without a partner.

4 \_\_\_\_\_ is the 2021 Judo World Championship take place.

5 \_\_\_\_\_ is the term uses for holding in Japanese.

(5 × 1 = 5 marks)

**Turn over**

V. State True or False :

- 1 "Fusho-gachi" awarded, if the opponent fails to appear for the contest.
- 2 One "waza-ari" result in an "ippon gachi".
- 3 Okuri Eri Jime means in Waza consists of using the opponent's own collar to strangle him.
- 4 Sotai Renshu includes the training of the technical practice with partners.
- 5 A "Shido" gives, if a contestant moves out of the contest area when not performing a Waza.

(5 × 1 = 5 marks)

VI. Write answer in *one* word :

- 1 What is the ground fighting free practice term used in judo ?
- 2 What is mean by the opponent's arm lock in Japanese ?
- 3 What is the average weight of single wawe judo gi ?
- 4 Who was the first Indian to be awarded Black Belt in Kodokan Judo ?
- 5 What is Newaza randori ?
- 6 What is the meaning of Sono Mama ?
- 7 What will be awarded a contestant ? If the opponent withdraws from the contest due to injury.
- 8 The Japanese name used for the uniform of Judo practice and competition.
- 9 Where did the 2021 Judo Asia-Pacific Judo Championship take place ?
- 10 Where does Judo come from ?

(10 × 1 = 10 marks)

VII. Match the following :

- |               |                                        |
|---------------|----------------------------------------|
| 1 Seoi-Nage   | a) Unbalancing an opponent.            |
| 2 Anza        | b) Hip techniques.                     |
| 3 Ne Waza     | c) Ground techniques.                  |
| 4 Koshi Waza  | d) Sitting position with legs crossed. |
| 5 Kuzushi     | e) Shoulder throws.                    |
| 6 Seiza       | f) Break your fall.                    |
| 7 Randori.    | g) Counter techniques.                 |
| 8 Ukemi       | h) Stance.                             |
| 9 Kaeshi Waza | i) free practice.                      |
| 10 Dachii     | j) Kneeling position.                  |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2021**

B.P.Ed.

CRICKET

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 History of Ashes series.

*Or*

2 Explain the Journey of Indian Cricket Team in the inaugural T20 World Cup.

(1 × 15 = 15 marks)

II. Write short notes on :

1 Qualities of a good Captain.

2 What are the fundamental skills of a Batsman ? How will you survive/tackle a swinging and seaming condition in order to save your team in last day of a Test Match ?

3 Fielding rules in ODI cricket.

(3 × 5 = 15 marks)

III. Explain the following :

1 Preparation and maintenance of a turf wicket.

2 Duties of Umpires in a cricket match.

3 Explain the basics of Bowling - Fast Bowling.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 Pitching in Line, Impact and \_\_\_\_\_ are the three criteria used in deciding an LBW decision after being reviewed

2 Sachin Tendulkar scored his first ever ODI century in the year \_\_\_\_\_.

3 In cricket, a batsman can be declared 'Out' by one of the \_\_\_\_\_ number of ways.

4 \_\_\_\_\_ is the youngest captain to lead an international Cricket team.

5 \_\_\_\_\_ is the first batsman who got dismissed LBW.

(5 × 1 = 5 marks)

**Turn over**

## V. State True or False :

- 1 India has not won a single title of ICC Women's T20 World Cup so far.
- 2 During backfoot defense, the head and front shoulder should lean into the line of the ball with the front leg taking a stride towards the pitch of the ball, bending to take the weight.
- 3 Kapil Dev was the Man of the match in 1983 World Cup final.
- 4 Left-hand spinner Brad Hogg comes in and bowls to a right-hand batsman. The ball spins back in sharply and traps the batsman in front, out leg before! This delivery is called Chinaman
- 5 Sachin Tendulkar's ODI debut score is 13 against Pakistan.

(5 × 1 = 5 marks)

VI. Write answer in *one* word :

- 1 Highest ever partnership in Test Cricket.
- 2 First ever winner of Women's ODI World Cup.
- 3 Which team won Ranji Trophy 2020-21 ?
- 4 Via player transfer during 2019-20 Ranji trophy season, Stuart Benny got transferred from Karnataka to which team ?
- 5 In the match where Kerala women registered historic win against Nagaland in the Women's Cricket Under 19 One Day League, what was the score Kerala had to chase down ?
- 6 How many days did the longest recorded test match last for ?
- 7 Against which country did India score their highest total at the World Cup ?
- 8 Who is the only Indian player to score triple century in Test matches other than Virendar Sehwag ?
- 9 Which Indian cricketer has led the team in most Test matches ?
- 10 The first Indian woman to score a double century in the cricket Test match ?

(10 × 1 = 10 marks)

## VII. Match the following :

- |                                       |                            |
|---------------------------------------|----------------------------|
| 1 5.75 ounces                         | a) Scoop.                  |
| 2 Ravi Shastri                        | b) 2.                      |
| 3 Douglas Marillier                   | c) 1992 Cricket World Cup. |
| 4 Color Jersey                        | d) 5.                      |
| 5 Handling the ball                   | e) Cricket ball.           |
| 6 Winner of 1987 Men's ODI World Cup  | f) Lance Klusner.          |
| 7 Number of DRS for a Team in ODI     | g) Six 6's in an over.     |
| 8 ODI World Cup wins by Australia     | h) Australia.              |
| 9 Man of the Series in World Cup 1999 | i) Sachin Tendulkar.       |
| 10 Highest number of Centuries        | j) Inzamam ul Haq.         |

(10 × 1 = 10 marks)

**FOURTH YEAR B.PEd. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2021**

B.PEd.  
VOLLEYBALL  
(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

- 1 Identify and explain different zones of a Volleyball playing arena with the help of a neatly labeled diagram.

*Or*

- 2 Prepare a fixture for an Inter School Volleyball Tournament in which twelve teams will be participating and explain the organizational aspects of the tournament.

(1 × 15 = 15 marks)

II. Write short notes on the following :

- 1 Composition of a Volleyball team.
- 2 Different types of smash.
- 3 Duties of second referee during the match.

(3 × 5 = 15 marks)

III. Write short notes on :

- 1 Any one defensive system.
- 2 Importance of practice matches.
- 3 Time outs in Volleyball match.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

- 1 A ball that is incorrectly returned or not returned at all is called a \_\_\_\_\_.
- 2 A \_\_\_\_\_ is a player who wears a different color jersey so the rest of the team so they can be identified.

**Turn over**

- 3 A time out in Volleyball last for \_\_\_\_\_ seconds.
- 4 A player allowed to hit the ball twice in row, if \_\_\_\_\_.
- 5 \_\_\_\_\_ won the first FIVB Volleyball Men's World Championship.

(5 × 1 = 5 marks)

V. State True or False :

1. A back row player may not jump and attack the ball from in front of the ten foot line.
2. A back row setter may jump and hit the ball over if it is above the height of the net.
3. Volleyball can be played indoors or outdoor.
4. It is proper etiquette to roll the ball under the net when returning the ball to the other team after a rally.
5. A ball that lands on the line is in-bounds.

(5 × 1 = 5 marks)

VI. Write answer in *one* word :

- 1 How many contacts are counted, when two or more players contact the ball simultaneously ?
- 2 What it indicates, if a referee ends the play and holds up two fingers ?
- 3 In volleyball, how many positions are there on a court in a 6-2 rotation.
- 4 How many numbers of positions are in each side of the court ?
- 5 Where was Volleyball invented ?
- 6 What call is made, if a ball hits the line ?
- 7 What is the type of scoring system if every time the ball is sided out, you get a point ?
- 8 Teams are now allowed to register one specialised defense player in their line-ups. What this player is called ?
- 9 Which year Beach Volleyball was introduced into the Olympics ?
- 10 Which year Volleyball was invented ?

(10 × 1 = 10 marks)

## VII. Match the following :

- 1 The required circumference of the ball - 2.24 m.
- 2 Height of antenna - 2.55 m.
- 3 Last point in a game - Tom Joseph.
4. Height of net for women - Rotate.
5. Arjuna Award (2010) - 1.80 m.
6. Height of the post - 2.43 m.
7. Height of the net for men - K.J. Kapil Dev.
8. Arjuna Award (2014) -Game point.
9. When the ball is served into the other team and none touches it -Ace.
10. To move to the next position in the court in clockwise direction - 65-67 cm.

(10 × 1 = 10 marks)

**FOURTH YEAR B.PEd. DEGREE INTEGRATED  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2021**

B.PEd.

KHO-KHO AND KABADDI

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Draw a neat diagram of men Kabaddi court with measurement.

*Or*

2 Draw a neat diagram of junior kho Kho field and mention all measurements.

(1 × 15 = 15 marks)

II. Write short notes on :

3 Lona.

4 Direction and Cross lane converting in Kho-Kho.

5 Lobby.

(3 × 5 = 15 marks)

III. Explain the Following :

6 Running Pole turning.

7 Do or Die.

8 Chain game 2-5-6 up and one drill.

(3 × 5 = 15 marks)

IV. Fill in the Blanks :

9 An imaginary line running through the center of the shoulders of an attacker is known as \_\_\_\_\_.

10 \_\_\_\_\_ is the width of Kabaddi court Lobby.

11 In Kho Kho court width of each line should not be more than \_\_\_\_\_ cm.

12 \_\_\_\_\_ is the player who received Arjuna award in Kabaddi in the year 2020.

13 Maximum time given for a raider is \_\_\_\_\_ in one ride.

(5 × 1 = 5 marks)

**Turn over**

## V. State True or False :

- 14 If five defensive players are there in the court the raider gets bonus point.
- 15 Duration of women kabaddi game is 15-5-15.
- 16 The warning card for Kho Kho game is green.
- 17 Intersection of centre lane and cross lane is known as free zone.
- 18 One raider can use Lobby after touching Anti raider.

(5 × 1 = 5 marks)

## VI. Write answer in one word :

- 19 Distance between Bonus line and End line for women court.
- 20 Duration of Time out.
- 21 Duration of men kabaddi match.
- 22 Card used for warning in Kabaddi.
- 23 No of reserve players in Kabaddi.
- 24 In minimum chase, after how much time the referee is supposed to end the match if a team exceeds the recorded time of the opponent.
- 25 If a batch of 3 defenders is given out as late entry, how much time the referee shall allot to the next batch to enter the field.
- 26 During the execution of pole dive, is it a foul to turn the shoulder more than 90 degrees.
- 27 Card used for temporary suspension.
- 28 Struggle.

(10 × 1 = 10 marks)

## VII. Match the Following :

- |                     |                                     |
|---------------------|-------------------------------------|
| 1 Bonus point       | I) Defensive skill.                 |
| 2 20-5-20           | II) Court or ride.                  |
| 3 Lobby             | III) Raider skill.                  |
| 4 120 cm to 125 cm  | IV) Minimum chase.                  |
| 5 Ring game         | V) Substitution zone.               |
| 6 Toss              | VI) Wooden post.                    |
| 7 Hand touch        | VII) Duration of men kabaddi match. |
| 8 Additional inning | VIII) one meter.                    |
| 9 1m square         | IX) Two point.                      |
| 10 Lona             | X) one point.                       |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2021**

B.P.Ed.

HAND BALL

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

- a) Specify all the measurement of a handball court and goal post with a diagram and describe the importance of each line.

*Or*

- b) Who all are the officials to conduct a Hand ball match. Explain their duties.

(1 × 15 = 15 marks)

II. Write short notes on :

- a) Goal Keeper Throw.  
b) Major Tournaments of Handball.  
c) Out numbering Situation.

(3 × 5 = 15 marks)

III. Explain the Course of movement / Individual Technique of the following :

- a) Catching the straight ball and passing.  
b) Dribbling.  
c) Jump shot long.

(3 × 5 = 15 marks)

IV. Fill in the blanks

- a) The Circumference of a handbal in men section is \_\_\_\_\_.  
b) Penalty throw is taken 7 meters away from the \_\_\_\_\_ line.  
c) \_\_\_\_\_ is the only player allowed in the restricted area.  
d) The handball match will start with a \_\_\_\_\_.  
e) Three bit whistle blown by the referee for \_\_\_\_\_.

(5 × 1 = 5 marks)

**Turn over**

## V. State True/False :

- a) Player can jump inside the restricted area and shoot the ball while in the air even if you are past the white line.
- b) The men's handball was first time played at Olympics in 1936.
- c) International handball federation founded in 1940.
- d) The duration of match for men and woman are different.
- e) On a missed shot, the offensive team can grab the ball off floor and shoot again.

(5 × 1 = 5 marks)

VI. Write answer in *one* word :

- a) When the standard number of players on a team was fixed as 7 A side ?
- b) Write the width of the goal post ?
- c) How many substitutions can be made by a team in a match ?
- d) What is the weight of Men's Handball ?
- e) How many minimum players are required to start a handball match ?
- f) Who won the recent Olympic men's gold medal in handball ?
- g) Has any player in India ever won an Arjuna Award in handball ?
- h) How many yellow cards be shown to a team in a match ?
- i) Write any one situation to award 2 minute disqualification for a player ?
- j) Which Country is considered as the cradle of handball ?

(10 × 1 = 10 marks)

## VII. Choose the correct answer from the bracket :

- a) In handball match, Maximum how many team timeout can be taken by a team :
  - i) 2.
  - ii) 1.
  - iii) Any.
  - iv) 3.
- b) Penalty throw will be taken at a distance of \_\_\_\_\_ from the goalpost.
  - i) 6m.
  - ii) 7m.
  - iii) 5m.
  - iv) 8m.

- c) What is the duration of each half in hand ball match in woman's section ?
- i) 20 min.
  - ii) 30 min.
  - iii) 25 min.
  - iv) 15 min.
- d) Official body to control handball games in India ?
- i) IHA.
  - ii) HFI.
  - iii) IHC.
  - iv) HAI.
- e) When was the International Handball Federation Founded :
- i) 1946.
  - ii) 1936.
  - iii) 1940.
  - iv) 1945.
- f) What is the area of safety zone surrounding a Handball Court ?
- i) 1m length and 2m width.
  - ii) 2m length and 2m width.
  - iii) 2m length and 2m width.
  - iv) 3m length and 3m width.
- g) What is the duration of Time Out ?
- i) 2 min.
  - ii) 3 min.
  - iii) 5 min.
  - iv) 1 min.
- h) Which of the following ball must be the referees select for a women's game ?
- i) Circumference 53 cm, weight 350 gm.
  - ii) Circumference 45 cm, weight 300 gm
  - iii) Circumference 55 cm, weight 425 gm.
  - iv) Circumference 56 cm, weight 375 gm.
- i) Who may request for a team time out ?
- i) One of the team official.
  - ii) A player.
  - iii) Team manager.
  - iv) Team captain.
- j) In which of the following situation is a time out Obligatory ?
- i) 7 meter throw.
  - ii) 2 minute suspension.
  - iii) External influence.
  - iv) Disqualification.

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE [REGULAR/  
SUPPLEMENTARY] EXAMINATION, APRIL 2021**

B.P.Ed.

FOOTBALL

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following:

- 1 Elaborate match analysis and describe various ways and methods used in analysing individual and collective efforts in football.

Or

- 2 Write about tactics in football. Explain any three different 'systems of play' widely used in modern football.

(1 × 15 = 15 marks)

II. Write short notes on :

- 1 Small sided games and lead up activities.
- 2 Fundamental skills of the game of football.
- 3 History of Indian Football.

(3 × 5 = 15 marks)

III. Explain the following :

- 1 Trapping technique with various body parts.
- 2 Principles of attack.
- 3 Formations in football.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

- 1 The winner of golden boot award in FIFA world cup 2018 \_\_\_\_\_.
- 2 The winner of FIFA men's world cup 2010 is \_\_\_\_\_.
- 3 The player, who scored most number goals in FIFA world cups is \_\_\_\_\_.
- 4 Episkyros was an early form of \_\_\_\_\_.
- 5 First FIFA world cup was held in the year \_\_\_\_\_.

(5 × 1 = 5 marks)

Turn over

V. State True or False :

- 1 Uruguay hosted the first world cup.
- 2 Argentina won the first FIFA world cup.
- 3 The referee can penalise a coach by showing a red card.
- 4 A goal can be scored directly from kick-off.
- 5 The current FIFA headquarters is in Zurich.

(5 × 1 = 5 marks)

VI. Write answer in *one* word :

- 1 Technical area specifications.
- 2 Width of goal line in football.
- 3 Penalty mark distance from goal line.
- 4 Goal area specifications.
- 5 What is the use of penalty arc ?
- 6 Name the Brazilian footballer who won the world cup as player as well as coach ?
- 7 Runners up of FIFA world cup 2018.
- 8 Which legendary footballer has scored goal of the century ?
- 9 Which legendary Dutch footballer's name was always associated with total football ?
- 10 Who was the world cup winning German captain of the 1974, famous for his sweeper back role ?

(10 × 1 = 10 marks)

VII. Match the following :

- |                    |                               |
|--------------------|-------------------------------|
| (a) PK Banerjee    | — Argentina.                  |
| (b) West Germany   | — West Bengal.                |
| (c) Saed Naimudeen | — Barcelona academy.          |
| (d) Infantino      | — Oldest tournament.          |
| (e) Lionel Messi   | — Largest Stadium.            |
| (f) Maracana       | — Most number of Ballon d'or. |
| (g) IFA            | — First Arjuna awardee.       |
| (h) Durand cup     | — 1990 world cup.             |
| (i) La Masia       | — Dronacharya Award.          |
| (j) Diego Maradona | — FIFA president.             |

(10 × 1 = 10 marks)

**FOURTH YEAR B.PEd. (INTEGRATED) DEGREE [REGULAR/  
SUPPLEMENTARY] EXAMINATION, APRIL 2021**

B.PEd.

TRACK AND FIELD

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

1. Answer any *one* of the following :

a) Draw a neat diagram of 400 m track and mark Starting point for all races.

*Or*

b) Explain the infrastructure and facilities for conducting an athletic championship.

(1 × 15 = 15 marks)

2. Write Short note on :

a) Tie breaking procedure in high jump.

b) Gender difference in athletics.

c) The qualities needed for a good sprinter.

(3 × 5 = 15 marks)

3. Explain the following :

a) Stager Distance.

b) Duties of a referee.

c) Explain different types of long jump technique.

(3 × 5 = 15 marks)

4. Fill in the blanks :

a) Run through is a \_\_\_\_\_ technique.

b) Width of the shotput sector is \_\_\_\_\_.

c) Height of the men 110 m Hurdle is \_\_\_\_\_ cm.

d) Fosbury flop technique is used in \_\_\_\_\_ event.

e) Starting blocks are used in \_\_\_\_\_.

(5 × 1 = 5 marks)

**Turn over**

## 5. State True or False :

- a) Both men and women have 100m hurdle competition.
- b) The shoes used by walkers are without spikes.
- c) Height of the hurdle can be adjusted as per the height of the athletes.
- d) The length of the high jump pit shall be at least 5 m.
- e) High jumper can take off from both feet.

(5 × 1 = 5 marks)

6. Write answer in *one* word :

- a) Radius of shotput sector.
- b) No. of water jumps in 3000 m steeple chase.
- c) Weight of the Men Shot.
- d) IAAF.
- e) First modern Olympics was held in the year.
- f) Minimum width of the runway in long jump is.
- g) Plasticine indicator board.is used in which event.
- h) Acceleration Zone in relay race.
- i) The event in which Flop style is used.
- j) Width of the lane.

(10 × 1 = 10 marks)

## 7. Match the following :

- |                          |                     |
|--------------------------|---------------------|
| a) Weight of men javelin | 1) 7 water jumps.   |
| b) Penultimate stride    | 2) Relay.           |
| c) Jump off              | 3) Hurdle.          |
| d) Steeple chase         | 4) Sprint.          |
| e) Passing zone          | 5) Endurance.       |
| f) Leading leg           | 6) Middle distance. |
| g) Stop board            | 7) Long Jump.       |
| h) Fartlek               | 8) Shot put.        |
| i) 800m                  | 9) 800gm.           |
| j) Blocks                | 10) High jump.      |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE [REGULAR/  
SUPPLEMENTARY] EXAMINATION, APRIL 2021**

B.P.Ed.

Paper XXI—HEALTH AND FITNESS MANAGEMENT

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Define “Fitness” and “Wellness”. Explain the Components of fitness.

*Or*

2 Define Aerobic and Anaerobic activity. Explain methods to develop aerobic efficiency

(1 × 15 = 15 marks)

II. Write short notes :

1 Relaxation Techniques.

2 Food pyramid.

3 Functional fitness.

(3 × 5 = 15 marks)

III. Explain the following :

1 Micronutrients.

2 Caloric Values of Food.

3 Physiological fitness.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 The body part in which the skeletal muscle ‘Quadriceps’ appears in \_\_\_\_\_.

2 Lower back pain is affected in \_\_\_\_\_ region of the spine.

Turn over

- 3 Study of muscular system is \_\_\_\_\_.
- 4 \_\_\_\_\_ is used to measure Blood Pressure.
- 5 Weight training improves mainly \_\_\_\_\_ factor of fitness.

(5 × 1 = 5 marks)

V. State True or False :

- 1 Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.
- 2 Resistance Training is an aerobic programme.
- 3 Adduction is the movement of a limb toward middle of body.
- 4 Antagonist Muscle directly engaged in contraction that is primarily responsible for movement of a body part.
- 5 Cardiovascular conditioning improves the functional capacity of Respiratory and Skeletal systems.

(5 × 1 = 5 marks)

VI. Write the answer in one word :

- 1 Master gland in the human body.
- 2 Longest muscle in the human body.
- 3 What does the letter 'R' represents while expansion of 'CPR'..
- 4 Excessive loss of water from the body is termed as.
- 5 Range of movement in a joint or group of joints.
- 6 Muscle which opposes against muscle during a movement.
- 7 The largest organ in the human body.
- 8 The muscle in the human body in triangle shape.
- 9 Hormone that stimulates metabolism, increases alertness and increases blood pressure.
- 10 The study of muscles and their relation to movement.

(10 × 1 = 10 marks)

**VII. Match the following :**

- |                                                                        |                           |
|------------------------------------------------------------------------|---------------------------|
| 1 Ability to change the position of your body                          | (a) Pilates               |
| 2 VO <sub>2</sub> Max                                                  | (b) Concentric            |
| 3 Measurement of the size and proportions<br>of the human body         | (c) Agility               |
| 4 Decrease in size                                                     | (d) Jacobsons             |
| 5 Improves flexibility, builds strength                                | (e) Anthropometries       |
| 6 Relaxation Technique                                                 | (f) Hypertension          |
| 7 Muscle lengthens                                                     | (g) Antioxidants          |
| 8 Protect the body from Free Radicals                                  | (h) Eccentric Contraction |
| 9 An isotonic contraction where the muscle shortens                    | (i) Aerobic capacity      |
| 10 Resting blood pressure is greater than or equal<br>to 140/90 mm. Hg | (j) Atrophy               |

(10 × 1= 10 marks)

**FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE [REGULAR/  
SUPPLEMENTARY] EXAMINATION, APRIL 2021**

B.P.Ed.

Paper XX—ADAPTED PHYSICAL EDUCATION

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Benefits of Physical Education for students with disabilities.

*Or*

2 Guiding principles of adapted Physical Education Programme (AAPHER).

(1 × 15 = 15 marks)

II. Write short notes :

1 Special Olympics.

2 Visual Impairment.

3 Aids for the disabled and its evaluation.

(3 × 5 = 15 marks)

III. Explain the following :

1 Functional Rehabilitation.

2 Parental involvement.

3 Definition of disabling conditions.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 Para Olympics started in the year \_\_\_\_\_.

2 Special Olympics is world's largest sports organisation for children and adult with \_\_\_\_\_.

**Turn over**

- 3 International Para Olympics committee headquarters is situated in \_\_\_\_\_.
- 4 Mental retardation is also known as \_\_\_\_\_.
- 5 \_\_\_\_\_ organisation promotes sports participation in a single sport either for a single disability or multiple disabilities.

(5 × 1 = 5 marks)

V. True or False :

- 1 2019 Special Olympics Games was held in Abu Dhabi, UAE.
- 2 Provision of special rights and privileges for the disabled through legislation comes under Government Welfare Programme.
- 3 SPINABIFIDA is a developmental defect of the brain.
- 4 By measuring visual activity the best possible vision is 10/6.
- 5 The person with Disabilities Act, 1995 was enacted in 1998.

(5 × 1 = 5 marks)

VI. Write answer in one word :

- 1 Write any *one* cause for Hearing Impairment.
- 2 Mention any *one* physical disability.
- 3 Write any *one* cause for cerebral palsy.
- 4 IPC.
- 5 Abbreviation of IBSA.
- 6 Write any *one* benefit of Adaptive Sports.
- 7 Unified Sports.
- 8 The word Para means.
- 9 Write any *one* cause of physical disability.
- 10 Write any *one* characteristic of muscular dystrophy.

(10 × 1 = 10 marks)

**VII. Match the following :**

- |    |                                                        |   |                                  |
|----|--------------------------------------------------------|---|----------------------------------|
| 1  | Rehabilitation Act                                     | - | Descriptive Disorder.            |
| 2  | Amateur Sports Act                                     | - | Cerebral palsy.                  |
| 3  | Amendment to Education for all<br>Handicapped Children | - | 1998.                            |
| 4  | Individual with Disabilities Education Act             | - | Abu Dhabi.                       |
| 5  | Olympics and Amateur Sports Act                        | - | 1997.                            |
| 6  | IBSA                                                   | - | 1973.                            |
| 7  | Behavioural disorder                                   | - | International Blind Association. |
| 8  | 2019 Special Olympics                                  | - | 1983.                            |
| 9  | Physical disabilities                                  | - | Rehabilitation council of India. |
| 10 | RCI                                                    | - | 1978.                            |

(10 × 1 = 10 marks)

**FOURTH YEAR B.PEd. (INTEGRATED) DEGREE [REGULAR/  
SUPPLEMENTARY] EXAMINATION, APRIL 2021**

B.PEd.

Paper XIX—BIOMECHANICS

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Discuss the importance of biomechanics in physical education and sports.

*Or*

2 Explain the different types of lever with examples.

(1 × 15 = 15 marks)

II. Write short notes :

1 Explain the Newton's laws of motion.

2 Briefly explain the mechanical analysis of walking.

3 Principles of force application.

(3 × 5 = 15 marks)

III. Explain the following :

1 Differentiate between topspin and backspin.

2 Types of equilibrium.

3 Types of motion.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 \_\_\_\_\_ is the study of low air flow around a body and disruption it can cause.

2 \_\_\_\_\_ is the path of a projectile body.

3 \_\_\_\_\_ is a force that acts when two surfaces come into contact with each other.

4 \_\_\_\_\_ is used to describe the angle of any muscle and bone to which it is attached.

5 \_\_\_\_\_ is the process of decreasing the force of impact between two body.

(5 × 1 = 5 marks)

**Turn over**

V. State True or False :

- 1 Centre of gravity of human body will not change according to different position.
- 2 A body will remain in its state of motion or rest until a force is applied to change their state.
- 3 A projectile is any object that is given an initial velocity and then follows a path determined by the initial velocity.
- 4 In second class lever or weight is in between fulcrum and force.
- 5 Arm cocking is an action related to running gait.

(5 × 1 = 5 marks)

VI. Write answer in *one* word :

- 1 Which law of motion is associated with walking ?
- 2 In which lever the fulcrum is placed at centre ?
- 3 Straight line motion is also called
- 4 The point at which the point where weight is equally balanced and is the point that gravity acts through
- 5 The path of an object projected into free air space is known as
- 6 Write the formula for calculating force ?
- 7 First action of stance phase in walking gait
- 8 Name the force exerted by a fluid that opposes the weight of an immersed object.
- 9 Type of lever in biceps curl
- 10 Name the phenomenon associated with a spinning object moving through the air or fluid.

(10 × 1 = 10 marks)

VII. Match the following :

- |                            |                           |
|----------------------------|---------------------------|
| 1 Second class lever       | a) Low centre of gravity. |
| 2 45 degree                | b) Buoyancy.              |
| 3 Balance                  | c) Magnus effect.         |
| 4 One feet                 | d) Standing heel lift.    |
| 5 Archimedes' principle    | e) First class lever.     |
| 6 Running in straight line | f) Neutral equilibrium.   |
| 7 Ball lying on ground     | g) Downward force.        |
| 8 Spinning ball            | h) Unstable equilibrium.  |
| 9 Topspin                  | i) Linear motion.         |
| 10 Wrestler defense        | j) Angle of release.      |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE [REGULAR/  
SUPPLEMENTARY] EXAMINATION, APRIL 2021**

B.P.Ed.

Paper XVIII—MANAGEMENT OF PHYSICAL EDUCATION AND SPORTS

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

- 1 Define Organizational structure of state education sports wing.
- 2 Explain scope of management.

(1 × 15 = 15 marks)

II. Write short notes :

- 3 Type and need of equipment.
- 4 Role of Manager ?
- 5 Purpose of financial management ?

(3 × 5 = 15 marks)

III. Explain the following. :

- 6 Selection of equipment.
- 7 Scope of supervision in physical education.
- 8 Characteristics of a good gymnasium.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

- 9 \_\_\_\_\_ Court is marked in east west direction.
- 10 \_\_\_\_\_ is an integral part of managerial system.
- 11 \_\_\_\_\_ Competitions are open to all irrespective of Institutions.
- 12 \_\_\_\_\_ defines where the organization wants to be in the future and how to arrive there.
- 13 Man, motive and \_\_\_\_\_ are fundamental to physical education and sports.

(5 × 1 = 5 marks)

Turn over

V. State True or False :

- 14 Physical Education and sports are highly institutionalized endeavors.
- 15 Staffing the process of directing commences with asserting oneself on the work environment and delegating of responsibility and authority at the same time.
- 16 "Visit by call" is a supervisory technique.
- 17 Exhibitions are an important device of Public Relation.
- 18 Autocratic style refers to "Two man" administration.

(5 × 1 = 5 marks)

VI. Write answer in one word :

- 19 Evaluating ?
- 20 Key factor of extra mural competitions ?
- 21 What is the main purpose of Budget ?
- 22 Improvisation.
- 23 Types of equipments.
- 24 Types of Leaders.
- 25 What is budgeting ?
- 26 Which are the different supervisory techniques ?
- 27 Personnel Management.
- 28 Organization.

(10 × 1 = 10 marks)

VII. Match the following :

- |                           |                      |
|---------------------------|----------------------|
| 1 Laissez-Faire           | (a) Storekeeping.    |
| 2 Voluntary organizations | (b) Let alone.       |
| 3 Management              | (c) Decision Making. |
| 4 Budget                  | (d) Flexible.        |
| 5 Pools                   | (e) Tumbling.        |
| 6 Public Relation.        | (f) Complaint.       |
| 7 Supervision             | (g) IOC.             |
| 8 Unscheduled             | (h) Films.           |
| 9 Demonstration           | (i) Filtration.      |
| 10 Equipment              | (j) Inspection       |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE [REGULAR/  
SUPPLEMENTARY] EXAMINATION, APRIL 2021**

B.P.Ed.

Paper XVII—CORRECTIVE PHYSICAL EDUCATION

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Define corrective physical education. Explain its history and objectives.

*Or*

2 Discuss about the importance of relaxation and briefly explain the classification of therapeutic movements.

(1 × 15 = 15 marks)

II. Write short notes :

1 Classification of massage manipulation.

2 Aqua therapy and its importance.

3 Knock knee and Bow leg.

(3 × 5 = 15 marks)

III. Explain the following :

1 Physiological effects of massage.

2 Isometric and Isokinetic.

3 New York posture rating test.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 \_\_\_\_\_ is known as rhythmic grasping, squeezing and lifting the soft tissue away from the long axis of bone.

2 \_\_\_\_\_ are characterized as fat, usually short, and having difficulty losing weight.

**Turn over**

- 3 \_\_\_\_\_ is an exaggerated inward curve or arch in ones lower back.
- 4 \_\_\_\_\_ is an exercise the muscle change's its length.
- 5 \_\_\_\_\_ is an exercise that provides a variable resistance to a constant limb movement.

(5 × 1 = 5 marks)

V. State True or False :

- 1 Tapotment of the skin involves pounding.
- 2 Endomorphs are characterized as fat, usually short, and having difficulty losing weight.
- 3 The lateral curvature of the spine is called Scoliosis.
- 4 The outward curvature of knees known as Bow leg.
- 5 IOWA Poster Test and New York Poster Rating Test are used for poster evaluation.

(5 × 1 = 5 marks)

VI. Write answer in one word :

- 1 What is the technique used for "Tapotment" ?
- 2 What is the forward inclination of the shoulder girdle called ?
- 3 What is an exercise the muscle change's its length ?
- 4 For what purpose NYPR test is using ?
- 5 In which massage therapists use stroking movement performed with the whole palmar surface of the hands with fingers together, contouring the area ?
- 6 In which massage therapists use rhythmic grasping, squeezing and lifting the soft tissue away from the long axis of bone ?
- 7 Name of the deformity which is occurred the exaggerated inward curve or arch in ones lower back ?
- 8 Name of the deformity which is entire sole of the foot coming into complete or near-complete contact with the ground ?
- 9 What is the term effleurage concerned ?
- 10 Who is a classified body type as Endomorphs, Mesomorphs and Ectomorphs ?

(10 × 1 = 10 marks)

**VII. Match the following :**

- |              |                                 |
|--------------|---------------------------------|
| 1 Kyphosis   | (a) Endomorph.                  |
| 2 Obesity    | (b) Lumbar region.              |
| 3 Lordosis   | (c) Outward curvature of knees. |
| 4 Sheldon    | (d) inward bent.                |
| 5 IOWA       | (e) Posture evaluation test.    |
| 6 Tapotment  | (f) Pounding.                   |
| 7 Petrissage | (g) abnormal arch.              |
| 8 Flat foot  | (h) Kneading.                   |
| 9 Knock knee | (i) Thoracic region.            |
| 10 Bow legs  | (j) Higher Body Fatness.        |

(10 × 1 = 10 marks)

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**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

SPORTS SPECIALIZATION—JUDO

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Explain the origin, history and growth of judo in the world and India.

*Or*

2 Explain the planning and organizing of the competition arena for judo competition.

(1 × 15 = 15 marks)

II. Write short notes :

1 Fundamentals of judo.

2 Psychological preparations for judo competitions.

3 Classification of judo techniques.

(3 × 5 = 15 marks)

III. Explain Briefly :

1 Official signals for judo competition.

2 Judo international and national governing body, its set up and functions.

3 Motor development and training plans for judo.

(3 × 5 = 15 marks)

IV. Fill in the blanks :

1 In judo \_\_\_\_\_ , means to apply pressure to the shoulder or the elbow.

2 \_\_\_\_\_ is the Japanese name used for the uniform of Judo practice and competition.

3 The Japanese term for judo mat is \_\_\_\_\_.

4 \_\_\_\_\_ means in Waza consists of using the opponent's own collar to strangle him.

5 As per records at Kodokan \_\_\_\_\_ was the first Indian to be awarded Black Belt in 1932.

(5 × 1 = 5 marks)

**Turn over**

## V. State True or False :

- 1 A contestant is awarded a "Kiken-gachi" if the opponent withdraws from the contest for any reason.
- 2 Two "waza-ari" result in an "ippon gachi".
- 3 A "Shime" gives, if a contestant moves out of the contest area when not performing a Waza.
- 4 The opponent's arm lock is called in Japanese Udegarami.
- 5 Tandoku Renshu includes the training of the technical practice with partners.

(5 × 1 = 5 marks)

VI. Write answer in *one* word :

- 1 Where did the 2021 Judo Asia-Pacific Judo Championship take place ?
- 2 What is the weight of average single wawe judo gi ?
- 3 What is the meaning of Newaza randori ?
- 4 The Kodokan judo for practicing movements without a partner.
- 5 The opponent withdraws from the contest due to injury.
- 6 How do you spell the word for methods of holding in japanese ?
- 7 The opponent withdraws from the contest for any reason.
- 8 What is the meaning of Sono Mama ?
- 9 Where did the 2021 Judo World Judo Championship take place ?
- 10 What is the meaning of word judo ?

(10 × 1 = 10 marks)

## VII. Match the following :

- |               |                                        |
|---------------|----------------------------------------|
| 1 Shido       | a) Counter techniques.                 |
| 2 Ne Waza     | b) Sitting position with legs crossed. |
| 3 Randori     | c) Unbalancing an opponent.            |
| 4 Kuzushi     | d) Free practice.                      |
| 5 Dachii      | e) Kneeling position.                  |
| 6 Ukemi       | f) Minor penalty.                      |
| 7 Kaeshi Waza | g) Hip techniques.                     |
| 8 Anza        | h) Break your fall.                    |
| 9 Seiza       | i) Stance.                             |
| 10 Koshi Waza | j) Ground techniques.                  |

(10 × 1 = 10 marks)

**FOURTH YEAR B.P.Ed. INTEGRATED DEGREE  
(REGULAR/SUPPLEMENTARY) EXAMINATION, APRIL 2022**

B.P.Ed.

SPORTS SPECIALIZATION-KHO-KHO AND KABADDI

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

I. Answer any *one* of the following :

1 Draw a neat diagram of men Kabaddi court with measurement.

*Or*

2 How many officials do you need to officiate a Kho Kho match? Elaborate on the duties of each official.

(1 × 15 = 15 marks)

II. Write short notes on :

3 Super Tackle

4 Direction and Cross lane covering in Kho-Kho.

5 Lobby.

(3 × 5 = 15 marks)

III. Explain the Following :

6 Running Pole turning.

7 Do or Die.

8 Chain game 2-5-6 up and one drill.

(3 × 5 = 15 marks)

IV. Fill n the Blanks :

9 An imaginary line running through the center of the shoulders of an attacker is known as \_\_\_\_\_.

10 The bonus point shall be marked as a \_\_\_\_\_ in the running score.

**Turn over**

- 11 In Kho Kho court width of each line should not be more than \_\_\_\_\_ cm
- 12 \_\_\_\_\_ is the player who received Arjuna award in Kabaddi in the year 2020
- 13 The distance that separates the baulk line and bonus line is \_\_\_\_\_ meters.

(5 × 1 = 5 marks)

V. State True or False :

- 14 If five defensive players are there in the court the raider gets bonus point.
- 15 Duration of women kabaddi game is 15-5-15.
- 16 The warning card for Kho Kho game is green
- 17 Intersection of center lane and cross lane is known as freezone.
- 18 One raider can use Lobby after touching Anti raider.

(5 × 1 = 5 marks)

VI. Write answer in *one word* :

- 19 What is the circumference of pole in Kho Kho ?
- 20 Duration of Time out in kho kho.
- 21 Duration of men kabaddi match.
- 22 Card used for warning in Kabaddi.
- 23 No of reserve players in Kabaddi.
- 24 In minimum chase, after how much time the referee is supposed to end the match if a team exceeds the recorded time of the opponent ?
- 25 If a batch of 3 defenders is given out as late entry, how much time the referee shall allot to the next batch to enter the field ?
- 26 During the execution of pole dive, is it a foul to turn the shoulder more than 90 degrees.
- 27 Card used for temporary suspension in kabaddi
- 28 Struggle.

(10 × 1 = 10 marks)

## VII. Match the Following :

- |                     |                             |
|---------------------|-----------------------------|
| 1 Lona              | I) One point.               |
| 2 1 M square        | II) Two point.              |
| 3 Additional inning | III) Minimum chase.         |
| 4 Hand touch        | IV) Raider skill.           |
| 5 Ring game         | V) Wooden post.             |
| 6 Toss              | VI) Substitution zone.      |
| 7 120cm to 125cm    | VII) Duration of men match. |
| 8 Lobby             | VIII) One meter.            |
| 9 20-5-20lm         | IX) Court or ride.          |
| 10 Bonus point      | X) Defensive skill.         |

(10 × 1 = 10 marks)