

B.P.Ed. Examination, 2016
Semester-I
Physical Education
Course: EC-102
(Officiating and Coaching)

Time: Three Hours

Full Marks: 70

Questions are of value as indicated in the margin.

**Attempt any one question from each Unit-I to Unit-III, two answers from
Unit IV and give ten answers from Unit-V**

Unit-I

1. What do you mean by Officiating and Coaching? Explain the principles of Coaching.

2+3+10=15

or

Discuss about the qualities of a good coach.

15

Unit-II

2. Discuss about the responsibilities of a official in Pre meet competition, during and post meet competition.

15

or

Explain the psychological counseling that a coach should provide to the sports person during coaching and competition.

15

UNIT-III

3. Explain the Philosophy of Officiating. Discuss the duties of an official while conducting a football match.

5+10=15

or

Write down the various mechanics of officiating during a Kabaddi match. Explain in detail about Ethics of Officiating.

10+5=15

Unit-IV

4. Write short notes on *any two* of the following:

(i) Qualities and qualification of an official (ii) Super tackle in kabaddi
(iii) Eligibility norms of Inter-university tournament (iv) Fouls in Kho-Kho

7.5+7.5=15

P.T.O.

Unit-V

5. Write the correct answer from the following (any ten)

10x1=10

- (i) The quality of good coach – (a) Mental Fitness (b) Proper Uniform (c) Consistency (d) All the above
- (ii) The key factors of official's mechanics are – (a) Move away from the spot (b) Not be placed in an optimal way (c) Know what to look at or what to observe (d) Eyes towards the opposite official.
- (iii) Skills of a coach is – (a) Frustrated (b) Casual (c) Talk too much (d) Communicate.
- (iv) Coaching philosophy is – (a) Dealing with behavioral issues (b) Coaching for all (c) Dealing with winning (d) Respect for self only.
- (v) Coaching style should be – (a) Authoritarian (b) Business like not people oriented (c) Democratic (d) Intense.
- (vi) Who assesses the Coach? – (a) Athletics/Players (b) Club members (c) Sponsors (d) All the above.
- (vii) A cricket match is divided into periods called – (a) Innings (b) Intervals (c) None of these (d) Half
- (viii) How many players play a game of Kabaddi for one team? – (a) 9 (b) 7 (c) 11 (d) 12.
- (ix) 17th number rules in Football – (a) Goal kick (b) Free kick (c) Corner kick (d) The Ball.
- (x) What will it be called when you use both hands at the same time to dribble in Basketball? – (a) Dribbling (b) Walk (c) Travel (d) Double Dribble.
- (xi) What is the distance between the pole line in Kho-Kho – (a) 1.50Mtr (b) @.75Mtr (c) 2.30Mtr (d) 2.50Mtr.
- (xii) What is the distance between the penalty spot and the goal line – (a) 9 Yard (8.23 mt) (b) 10 Yard (9.14 km) (c) 12 Yard (10.97 mt) (d) 11 Yard (10.06 mt).
