

2020

OFFICIATING AND COACHING (ELECTIVE)

Course : EC-102

Full Marks : 70

*The figures in the margin indicate full marks.*

*Candidates are required to give their answers in their own words as far as practicable.*

Answer *all* questions.

1. Write down the meaning of sports coaching. Discuss the importance and principles of sports coaching. 4+5+6

*Or,*

Write down the meaning of officiating. Why is officiating important in sports? Describe the qualities of a good official in detail. 4+5+6

2. Discuss the responsibilities of a Coach before, during and after a match. 15

*Or,*

Draw the diagrams of Kabaddi and Volleyball courts with latest accepted measurements. 8+7

3. Discuss the duties of an Official in general and in Pre-game and Post-game situations. 15

*Or,*

Write down the essential qualifications and desirable qualities of an ideal coach. 15

4. Write short notes on *any two* of the following : 7½×2

- (a) Ethics of Officiating
- (b) Eligibility rules for participation in inter-college and inter-University competitions
- (c) Philosophy of Coaching
- (d) Psychology of Competition of Coaching.

5. Answer the following MCQs by choosing the correct option and writing it on your answer script (*any ten*) : 1×10

- (a) A good coach must not be—
- (i) Angry about poor performance
  - (ii) Friendly with everyone
  - (iii) Critical about players' performance
  - (iv) Conversant with procedures of sports training.

**Please Turn Over**

- (b) Lona is associated with the game
- (i) Kho-Kho
  - (ii) Basketball
  - (iii) Handball
  - (iv) Kabaddi.
- (c) How many players should at least be there in opponent court to award Bonus Point to the raider in Kabaddi?
- (i) Five
  - (ii) Seven
  - (iii) Six
  - (iv) Four.
- (d) Which of the following events is considered as woman's track event in Athletics?
- (i) 100m Hurdle
  - (ii) 110m Hurdle
  - (iii) 400m Hurdle
  - (iv) None of these.
- (e) Checking the height of the pole and width of the sitting box by the officials is considered
- (i) Pre-game duty
  - (ii) During the game duty
  - (iii) Post-game duty
  - (iv) None of these.
- (f) Which of the following events does not require stagger start?
- (i) 100m run
  - (ii) 800m run
  - (iii) 400m run
  - (iv) 1500m run.
- (g) If a Kabaddi match in a knockout tournament ends in a draw, which rule is applied to break its tie?
- (i) Golden chase
  - (ii) Golden raid
  - (iii) Golden goal
  - (iv) Attack.
- (h) Which of the following is not quality of a good official?
- (i) Partiality
  - (ii) Punctuality
  - (iii) Patience
  - (iv) Promptness in decision making.
- (i) Which Institution offers the sports coaching degree in West Bengal?
- (i) NSNIS, Kolkata
  - (ii) PGGIPE, Banipur
  - (iii) GCPEW, Dinhata
  - (iv) GPECW, Hooghly.
- (j) Which Psychological factor is considered as more important to win in competition by the Coach?
- (i) Attention
  - (ii) Interest
  - (iii) Intelligence
  - (iv) Motivation.

(k) How many officials are required for conducting a Kho-Kho match?

(i) 5

(ii) 6

(iii) 7

(iv) 8.

(l) An efficient Coach is one who—

(i) Demonstrates

(ii) Demonstrates and explains

(iii) Demonstrates, explains and evaluates

(iv) Explains and evaluates.

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