

KAMARAJ COLLEGE (Autonomous)

Accredited with A+ Grade by NAAC

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

THOOTHUKUDI – 628 003

(5 Pages)

Reg.No:.....

Question Code No :25002909

Course Code : 24UMPE12

UG Degree - End Semester Examinations, November 2025

First Semester

B.Sc. PHYSICAL EDUCATION

Theories of Major Games-I (Kabaddi, Kho Kho)

(For those who joined in July 2024 onwards)

Time :3 Hours

Maximum : 75 Marks

PART – A (10 × 1 = 10 Marks)

Answer ALL Questions

Choose the correct answer:

1. The game of Kabaddi is believed to have originated in _____
(a) Greece (b) India
(c) China (d) Japan
2. Kabaddi was included in which Asian Games _____
(a) 1990 Beijing (b) 1994 Hiroshima
(c) 1986 Seoul (d) 1982 New Delhi

3. Which of the following is a basic skill in Kho Kho?
- (a) Pole Dive (b) Feinting
(c) Frontal Kick (d) Both a and b
4. What is the total number of players in Kho-Kho?
- (a) 9 (b) 10
(c) 11 (d) 12
5. In Kabaddi, the skill where a raider touches an opponent and returns is called _____
- (a) Cant (b) Catch
(c) Hand Touch (d) Pursuit
6. Tactical training in Kabaddi mainly develops _____
- (a) Game rules knowledge (b) Situational decision-making
(c) Basic stamina (d) Field marking
7. Which is not a component of warming up?
- (a) Stretching (b) Jogging
(c) Sprint starts (d) Scoring practice
8. Flexibility is improved mainly by _____
- (a) Interval running (b) Static stretching
(c) Shuttle run (d) Weight training
9. In Kabaddi, the minimum number of players required to start a match is _____

(a) 5 (b) 6

(c) 7 (d) 8

10. The standard length of a Kho Kho court is:

(a) 27 m (b) 29 m

(c) 30 m (d) 32 m

PART – B (5X5=25 Marks)

Answer ALL Questions choosing either (a) or (b).

Answer should not exceed 250 words.

11. (a) Explain the history of Kabaddi at the National level.

(OR)

(b) Explain the role of the Amateur Kabaddi Federation of India.

12. (a) Identify the fundamental skills of Kho Kho with suitable examples.

(OR)

(b) Identify the on player selection criteria in Kabaddi.

13. (a) Differentiate between technical training and tactical training in Kabaddi.

(OR)

(b) Outline a one-week coaching programme for Kho Kho beginners.

14. (a) Explain the importance of warming up before a Kabaddi match.

(OR)

(b) Explain the essential fitness components for Kho Kho.

15. (a) Describe the duties of a referee in Kabaddi.

(OR)

(b) Describe the scoring system in Kho Kho.

PART – C (5 X 8 = 40 Marks)

Answer ALL Questions choosing either (a) or (b).

Answer should not exceed 500 words.

16. (a) Explain the history and development of Kho Kho at the International level.

(OR)

(b) Explain the growth of Kabaddi in India and its inclusion in major tournaments.

17. (a) Describe in detail the various lead-up games used in Kabaddi training.

(OR)

(b) Describe the main systems of play used in Kho Kho. How do these systems help players improve their performance in the game?

18. (a) Explain the concept of tactical training in Kho Kho with examples.

(OR)

(b) Prepare a detailed two-week technical training plan for a Kabaddi team.

19. (a) Analyze the procedure of warming down and its benefits.

(OR)

(b) Analyze the conditioning load and its application in Kabaddi.

20. (a) Draw a neat diagram of a standard Kabaddi court and mention its measurements.

(OR)

(b) Explain the method of officiating a Kho Kho match from start to finish.