

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 : 25002910

Course Code : 24UMPE22

UG Degree - End Semester Examinations, November 2025

Second Semester

B.Sc. PHYSICAL EDUCATION

Theories of Major Games-II (Badminton, Ball Badminton)

(For those who joined in July 2024 onwards)

Time : 3 Hours

Maximum : 75 Marks

PART – A (10 X 1 = 10 Marks)

Answer ALL Questions

Choose the correct answer:

1. Who introduced the game at the international level?
(a) Local clubs
(b) Government bodies
(c) Missionaries
(d) Colonial officers
2. The national federation for the game in India is
(a) BAI
(b) AIFF

- (c) IOA (d) SAI
3. Which of the following is a fundamental skill?
- (a) Fast breathing (b) Dribbling
(c) Jogging (d) Sitting
4. Selection of players is mainly based on:
- (a) Academic marks (b) Popularity
(c) Skill and performance (d) Age only
5. Tactical training enhances a player's:
- (a) Strength (b) Decision-making ability
(c) Diet plan (d) Muscle mass
6. A coaching programme must be:
- (a) Random (b) Systematic and goal-oriented
(c) Fun-based only (d) Led by students
7. Warming down helps in:
- (a) Preparing for the next day (b) Muscle recovery
(c) Increasing heart rate (d) Improving digestion
8. One of the essential components of fitness is:
- (a) Intelligence (b) Flexibility

(c) Temper (d) Noise

9. Rule interpretation ensures:

(a) Fan engagement (b) Consistency and fairness

(c) Higher scores (d) Player fatigue

10. The playfield must be maintained:

(a) Occasionally (b) Seasonally

(c) As per international standards (d) By athletes only

PART - B (5 X 5 = 25 Marks)

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

Answer should not exceed 250 words.

11. (a) Explain the growth of the game in India post-independence.

(OR)

(b) Describe the contributions of badminton governing body.

12. (a) Define lead-up games and explain their importance.

(OR)

(b) Describe the process of selecting players for intercollegiate tournaments.

13. (a) Distinguish between tactical training and match strategy.

(OR)

(b) Explain the structure of a weekly coaching plan.

14. (a) What is the purpose of warm-up? List out five warm up exercise.

(OR)

(b) What is conditioning load? Explain with one example.

15. (a) Define scoring in the ball badminton game and mention the latest scoring pattern.

(OR)

(b) Briefly explain the procedure for field marking and maintenance.

PART – C (5 X 8 = 40 Marks)

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

Answer should not exceed 500 words.

16. (a) Explain about historical developments impacted the popularity of the ball badminton game in India.

(OR)

(b) Evaluate the role of state-level organizations in talent identification and development.

17. (a) Develop a plan for teaching fundamental skills to beginners using lead-up games.

(OR)

(b) Describe the psychological and physiological symptoms observed in players during play.

18. (a) Create a balanced coaching programme combining technical and tactical components.

(OR)

(b) Design a coaching programme that addresses beginner to intermediate level progression.

19. (a) Explain about importance of warming up and warming down in a seasonal training cycle.

(OR)

(b) Design a one-month fitness programme focused on conditioning and load management.

20. (a) Assess the effectiveness of the existing officiating methods. Propose changes if any.

(OR)

(b) Draw and layout of Badminton court with all measurement.