

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: 25002904

Course Code: 24UMPE31

UG Degree - End Semester Examinations, November 2025

Third Semester

B.Sc. PHYSICAL EDUCATION

Theories of Major Games – III (Football & Hockey)

(For those who joined in July 2024 onwards)

Time: 3Hours

Maximum: 75 Marks

PART – A (10 × 1 = 10 Marks)

Answer ALL Questions

Choose the correct answer:

1. The first Football World Cup was held in _____.

(a) 1928

(b) 1930

(c) 1932

(d) 1934

2. The Asian football governing body is called _____.

(a) AFC

(b) UEFA

(c) CONMEBOL

(d) CAF

3. Which of these is a lead-up activity to improve passing in football?
- (a) Cone passing relay (b) Weight training
(c) Long jump (d) Sit-ups
4. The term “reverse stick” is used in _____.
- (a) Cricket (b) Football
(c) Hockey (d) Volleyball
5. The 4-3-3 formation is most commonly used in _____.
- (a) Hockey (b) Football
(c) Volleyball (d) Kabaddi
6. In-match tactical change is usually suggested by the _____.
- (a) Captain (b) Coach
(c) Referee (d) Spectators
7. Warm-up before play is mainly used to _____.
- (a) Reduce tension (b) Avoid injury
(c) Build strength (d) Increase score
8. Shuttle run is used to test _____.
- (a) Endurance (b) Agility
(c) Flexibility (d) Strength
9. Duration of a standard Football match is _____.
- (a) 80 minutes (b) 90 minutes
(c) 100 minutes (d) 120 minutes

15. (a) State the basic rules of Hockey regarding scoring.

(OR)

(b) Diagram and explain the standard Football playfield with specifications.

PART – C (5 X 8 = 40 Marks)

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

Answer should not exceed 500 words.

16. (a) Trace the development of Hockey in India and highlight the role of major tournaments.

(OR)

(b) Describe the historical evolution of Football in India with examples.

17. (a) Classify in details the fundamental skills of Football with suitable lead – up games in detail.

(OR)

(b) Classify the different drills used to improve basic skills in Hockey.

18. (a) Evaluate the advantages and limitations of different systems of play in Football.

(OR)

(b) Assess the importance of strategy and tactics in Hockey match performance.

19. (a) Design a training schedule to improve Football performance considering endurance and strength.

(OR)

(b) Formulate a pre-match and post-match preparation plan for a Hockey team.

20. (a) Interpret any five rules and interpretation with official hand signals.

(OR)

(b) Explain the layout and maintenance of a Hockey playfield with neat sketch.