

# **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 : 25002902**

**Course Code : 25UMPE12**

**UG Degree - End Semester Examinations, November 2025**

**Frist Semester**

**B.Sc. PHYSICAL EDUCATION**

**Theories of Major Games – I (Kabaddi, Kho Kho)**

**(For those who joined in June 2025 onwards)**

**Time : 3 Hours**

**Maximum : 75 Marks**

**PART- A (10 × 1 = 10 Marks)**

**Answer ALL Questions**

**Choose the correct answer :**

1. Which state started Kabaddi in India?

(a) Maharashtra

(b) Tamil Nadu

(c) Delhi

(d) Kolkata

2. Who is the governing body of Kho-Kho in India?

(a) Kho Kho Federation of India

(b) Federation of Kho

Kho in India

- (c) India Kho Kho Federation      (d) None of these
3. How many players are required to play Kho Kho?  
(a) 12      (b) 9  
(c) 7      (d) 8
4. How many fundamental skills are using in Kabaddi?  
(a) 4      (b) 2  
(c) 7      (d) 5
5. What is called Tactics?  
(a) Arranged      (b) Game Plan  
(c) Strategy      (d) Passion
6. What qualities are needed to play Kabaddi?  
(a) Strength      (b) Speed  
(c) Agility      (d) All the above
7. Which one is India's national governing body of Kabaddi?  
(a) India kabaddi Federation  
(b) Federation of kabaddi in India  
(c) Kabaddi Federation of India  
(d) The Kabaddi Indian Federation
8. Who is responsible for maintain the official record of point scoring during a Kho Kho match?  
(a) Time Keeper      (b) Scorer



(b) Identify the importance of technical training in Kho Kho.

14. (a) Analyze the term warm-up.

**(OR)**

(b) Analyze the term warm-down.

15. (a) Explain about the third raid in kabaddi.

**(OR)**

(b) Mention any Five official signal 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) Elaborate on the origin and development of national level organization in Kho Kho.

**(OR)**

(b) Explain the history of international organization in Kabaddi.

17. (a) Classify any three fundamental skills in Kabaddi with suitable lead up activity.

**(OR)**

(b) Classify any three fundamental skills in Kho Kho with suitable lead up activity.

18. (a) Explain the long-term coaching programme for college Kabaddi team.

**(OR)**

(b) Explain Training and its types?

19. (a) What is conditioning load? and How will you fix?

**(OR)**

(b) Analyze the essential fitness components for a Kabaddi player.

20. (a) Briefly explain the duties of officials in Kho Kho match.

**(OR)**

(b) Draw a neat diagram of Men Kabaddi Court with all specifications.