

KAMARAJ COLLEGE (Autonomous)

Accredited with A+ Grade by NAAC

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

(3 Pages)

Reg. No:.....

Question Code: 26E02903

Course 24UMPE12/25UMPE12

UG Degree - End Semester Examinations, April 2026

First Semester

B.Sc., PHYSICAL EDUCATION

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

(For those who joined in July 2024 and June 2025 onwards)

Time : 3Hours

Maximum : 75 Marks

PART – A (10 × 1 = 10 Marks)

Answer ALL Questions

Choose the correct answer:

- CO:1 1. What is the main purpose of General Conditioning Exercises?
K:1 (a) Entertainment (b) Improving Overall Fitness
(c) Only Building Muscles (d) Passing Time
- CO:1 2. Special Conditioning Exercises mainly develop:
K:2 (a) Only Flexibility (b) Sport-specific Skills and Fitness
(c) Only Strength (d) Only Speed
- CO:2 3. “Cant” in Kabaddi refers to:
K:1 (a) Jumping (b) Running fast
(c) Clapping (d) Continuous chanting (Kabaddi, Kabaddi)
- CO:2 4. A defender in Kho-Kho is also called:
K:2 (a) Chaser (b) Raider
(c) Runner (d) Bowler
- CO:3 5. Which technique is used to stop the raider by standing in front?
K:1 (a) Block (b) Dubki
(c) Kick (d) Toe touch
- CO:3 6. Pole Diving is mainly used to:
K:2 (a) Sit (b) Change direction quickly
(c) Stop the game (d) Rest

CO:4 7. An "All Out" gives:

- K:1
- (a) 1 point (b) 3 point
(c) 2 point (d) 5 point

CO:4 8. In Kho-Kho an Inning Ends when:

- K:2
- (a) Players sit (b) Referee leaves
(c) Audience claps (d) Time is Over or All Runners are Out

CO:5 9. The Bonus Line is active when:

- K:2
- (a) No Defenders (b) At least 6 Defenders are present
(c) Only 1 Defender (d) Game ends

CO:5 10. The number of Cross Lanes in Kho-Kho is:

- K:1
- (a) 6 (b) 7
(c) 8 (d) 9

PART - B (5 X 5 = 25 Marks)

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

Answer should not exceed 250 words.

CO:1 11. (a) Write a brief note on General Conditioning Exercise for
K:3 Kabaddi.

(OR)

(b) Write a short note on Specific Conditioning Exercise for Kho-Kho.

CO:2 12. (a) List the Fundamental Skills of Kabaddi and explain any one
K:4 Offensive Skill of your choice.

(OR)

(b) List the Fundamental Skills of Kho-Kho and explain any one Defensive Skill of your choice.

CO:3 13. (a) Write a short notes on Techniques used in major games.

K:3 **(OR)**

(b) What is meant by Tactics in Kho-Kho?

CO:4 14. (a) List any one Lead-up Game for Offensive Skills of Kabaddi.

K:4 **(OR)**

(b) What is meant by System of Play in Kho-Kho?

CO:5 15. (a) Describe the System of Scoring in Kabaddi.

K:3

(OR)

(b) Draw a neat diagram of Kho-Kho Pole and write the measurements.

PART - C (5 X 8 = 40 Marks)

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

Answer should not exceed 500 words.

CO:1 16. (a) What is General Conditioning Exercise and List down the Full Body Exercises for Kabaddi Players.

K:6

(OR)

(b) What is Specific Conditioning Exercise and List down the Specific Exercises for Kho-Kho Players.

CO:2 17. (a) List down the Fundamental Skills of Kabaddi and explain Defensive Skills in detail.

K:5

(OR)

(b) List down the Fundamental Skills of Kho-Kho and explain Offensive Skills of in detail.

CO:3 18. (a) Explain the Phases of Technique Training in Sports and Games.

K:5

(OR)

(b) Write the meaning of Tactics? and Give some suitable situations in the Game of Kabaddi.

CO:4 19. (a) What is Lead-up Game? and Examine why it is important in Sports and Games.

K:6

(OR)

(b) Explain the System of Play in Kho-Kho.

CO:5 20. (a) Draw a neat diagram of Kabaddi Court with all measurements.

K:5

(OR)

(b) Draw a neat diagram of Kho-Kho Court with all measurements.