

**2021**

**OFFICIATING AND COACHING (ELECTIVE)**

**Paper : EC-102**

**Full Marks : 70**

*The figures in the margin indicate full marks.*

*Candidates are required to give their answers in their own words  
as far as practicable.*

1. Define Coaching. What should be the relationship of a Coach with management, players and spectators?  
What are the measures you should take to improve the standard of Coaching? 2+8+5

***Or,***

Write in brief the concepts of Officiating and Coaching. Why are these considered essential components of any sport? 5+5+5

2. Write in brief the philosophy of Coaching. Explain the duties of a Track and Field Chief Coach in pre-, during- and post- game period. 6+3+3+3

***Or,***

Narrate the responsibilities of a Coach on and off the field. Write a note on 'Psychology of competition'. 10+5

3. Explain the philosophy of Officiating. Describe five signals with diagrams of each of the following officials: Referee in Kabaddi, Referees in Volleyball. 5+5+5

***Or,***

What do you mean by ethics of officiating? Write down the importance of ethics for officiating. List the during-game duties of Call-Room officials of Track and Field events. 3+7+5

4. Write short notes on the following (***any two***) : 7½×2

- (a) Qualification of an official
- (b) Mechanics of officiating
- (c) General rules of sports
- (d) Integrity and values of Olympics.

**Please Turn Over**

5. Answer the following MCQs by choosing the correct option and writing it on your answer script (*any ten*) : 1×10

- (a) An efficient Coach is a person who
- (i) instructs
  - (ii) instructs and demonstrates
  - (iii) instructs, demonstrates and explains
  - (iv) instructs, demonstrates, explains and inspires.
- (b) Which of the following awards is given for excellence in sports coaching in India?
- (i) Arjun Award
  - (ii) Dronacharya Award
  - (iii) Dhyan Chand Award
  - (iv) Major Dhyan Chand Award.
- (c) The fundamental aim of officiating is
- (i) to find out the sports talent
  - (ii) to avoid injury during game
  - (iii) to conduct the game smoothly within the rules
  - (iv) to make the game more enjoyable for the spectators.
- (d) NASO stands for
- (i) National Academy of Sports Officials
  - (ii) National Association of Sports Officials
  - (iii) Nodal Association of Sports Officials
  - (iv) None of the above.
- (e) During the game, the coach should
- (i) keep a keen eye on the captain of the team
  - (ii) observe performance of all players; note down their mistakes and good performance
  - (iii) follow the officials and note if they are officiating as per rules
  - (iv) keeps a keen eye on all spectators and note their reactions.
- (f) The primary job of a coach is to provide
- (i) training to the athletes
  - (ii) teaching to the spectators
  - (iii) commentating to the supporting staff
  - (iv) managing the players and staff.
- (g) A good coach must have
- (i) good behaviour
  - (ii) knowledge of recent method of training
  - (iii) physical fitness
  - (iv) all of these.

- (h) Which one is not essential to improve the standard of officiating?
- (i) Developing physical fitness      (ii) Critical observation during game  
(iii) Proper dress up                      (iv) Developing emotional attachment with the players.
- (i) It appears that the quality that sets great coaches apart is their ability to relate, understand and \_\_\_\_\_ athletes. (Fill the blank space with correct option given below)
- (i) nourish                                      (ii) train  
(iii) motivate                                  (iv) teach.
- (j) Judgement and communication during conduction of a game are considered as essential qualities of
- (i) Journalists                                  (ii) Sports officials  
(iii) Spectators                                (iv) Grounds men.
- (k) Which one is the post-game duties of officials?
- (i) Promote sportsmanship among the participants  
(ii) To thank other officials of the game  
(iii) Be careful about the time allotment to the game  
(iv) Allow substitution of players.
- (l) In a knockout tournament, if a Kabaddi match ends in a draw, which rule is applied to break its tie?
- (i) Golden Chase                              (ii) Golden Raid  
(iii) Golden Goal                              (iv) Golden Catch.
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