

B.A./B.Sc. (Honours) Semester-VI Examination, 2015

Physical Education

Course : BABSCH - 362

(Specialization : Sports Training : Cricket)

Time : Three Hours

Full Marks : 40

Questions are of value as indicated in the margin.

Answer one question from each unit.

Unit - I

1. (a) Write down the functions of CAB. 4+4=8
(b) Explain about affiliated tournaments of CAB.

OR

Write down the Name of Five (5) major ICC tournaments and the national and International awards given to cricketers and officials in cricket. 4+4=8

Unit-II

2. Explain the Rule 'No Ball' in Cricket. 8

OR

Write down the officiating signals with related sign. 8

Unit-III

3. What do you mean by Sports Training? Discuss any four principles of sports training. 2+6=8

OR

Define periodization. Write down the three cycles of sports training plans. 2+6=8

Unit-IV

4. (a) Write down the key points of basic bowling action. 4+4=8
(b) Mention two effective drills for Run-up in bowling.

OR

Explain the key points of wicket keeping with two effective drills for execution. 4+4=8

Unit-V

5. How a cricket coach will test the accuracy of a pace bowler? Discuss in your own. 8

OR

Explain the test which is used for testing the endurance of cricketers. 8
