

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

Physical Education

Course : BABSCH - 362

(Specialization : Sports Training : Volleyball)

Time : Three Hours

Full Marks : 40

Questions are of value as indicated in the margin.

Answer one question from each unit.

Unit - I

1. Discuss the Historical development of the Game of Volleyball 8

OR

Write short notes on : **(any two)** 4×2=8

- (a) FIVB and its function
- (b) VFI and its function
- (c) Major National and International competitions.

Unit-II

2. Draw a Volleyball competition Area with all measurements. 8

OR

Write short notes on **(any two)** : 4×2=8

- (a) Conditions of scoring a point by a team
- (b) Faults during attack Hit
- (c) Functions of the libero

Unit-III

3. Define sports training and write down the characteristics of sports training. 2+6=8

OR

Write short notes on **(any two)** : 4×2=8

- (a) Short term and long term training plan
- (b) Periodisation and its type
- (c) Training Methods of Flexibility development.

Unit-IV

4. Elaborate the concept of 2-1-3 with 6Up and 2-1-3 with 6 back Guarding the Block. 4+4=8

OR

Write in your own words about the 'W+1' service reception technique.

Unit-V

5. What do you mean by competition? Write about the psychological preparations to be made by the players. 2+6=8

OR

Write short notes on **(any two)** : 4×2=8

- (a) Build up competitions
 - (b) Skill Test
 - (c) General fitness test
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