

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

Physical Education

Course : BABSCH - 362

(Specialization : Sports Training : Gymnastics)

Time : Three Hours

Full Marks : 40

Questions are of value as indicated in the margin.

Answer one question from each unit.

Unit - I

1. Highlight the development of Gymnastics India during 20th Century. 8

OR

Write in brief the National & International awards in Gymnastics. 4+4=8

Unit-II

2. Draw a neat labeled diagram of floor exercise arena. 4+4=8

OR

Write the execution errors in floor exercises. 8

Unit-III

3. List the principles of sports training Prepare a short term training plan for a gymnast for 30 days. 4+4=8

OR

Prepare a plan of periodisation for a gymnastics team participating in National Competition. 8

Unit-IV

4. Design progressive skill training for Backroll to handstand. 8

OR

Design a progressive skill training for round off.

Unit-V

5. Explain the types of competition in Gymnastics. 8

OR

Explain the fitness & skill evaluation method of back somersault. 8
