

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

Physical Education

Course : BABSCH - 362

(Specialization : Sports Training : Athletics)

Time : Three Hours

Full Marks : 40

Questions are of value as indicated in the margin.

Unit - I

1. Write about the function of International Association of Athletic Federations (IAAF). 8

OR

Describe the progress of sprinting performance in India. 8

Unit-II

2. Calculate the radius of a standard 400m track and draw the inner lane of the track showing marking distance radius length of straight and length of the each bend. 4+4=8

OR

Draw a shot put sector and write different situations when a put is declared foul. 4+4=8

Unit-III

3. Write down the aims of sports training with relevance to track and field sports. 8

OR

Describe the principles of load adaptation 8

Unit-IV

4. What are the common faults in Discus Throw? Suggest drills to rectify the faults 4+4=8

OR

Write down the preparatory and special exercises for Hurdles. 8

Unit-V

5. What are the specific fitness components required for a long jumper? How these components can be measured? 4+4=8

OR

Write down the importance of performance test for proper progression of load. 8
