

B.A. / B.Sc. (Honours) Examination, 2019
Semester-VI
Physical Education
Course : BABSCH - 362
Specialization: Sports Training: (a) Athletics

Time : 3 Hours

Full Marks : 40

Questions are of value as indicated in the margin

Answer one question from each unit

UNIT - I

1. Write a note on organizational set up and functioning of the IAAF. 8
- Or
- Describe the major national competitions in Track and Field in India. 8

UNIT - II

2. Draw a Javelin throwing sector with all specifications. Write down about when a foul throw is occurred with respect to the line, arc and sectors. 4+4=8
- Or
- Calculate the area required for a 400m track. 8

UNIT - III

3. Define science of sports training and describe its characteristics. 2+6=8
- Or
- Define load. What is adaptation? Write down the rules of adaptation. 2+2+4=8

UNIT - IV

4. Describe the specific preparatory exercises of High Jump and Discuss Throw. 4+4=8
- Or
- Write different exercises and drills to rectify the faults that are commonly occurred in Shot Put. 8

UNIT - V

5. Write in detail about the administration of tests for measuring speed and explosive strength. 4+4=8
- Or
- Discuss the merits of build up competitions for the main competition of an athlete. 8
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