

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

Time : 3 Hours

Full Marks : 40

Questions are of value as indicated in the margin

Answer one question from each unit

UNIT – I

1. Who introduced the game of Basketball and when this game was invented? In which circumstances the game was developed? 2+6=8

Or

Write short notes on : (a) FIBA (b) National awards in Basketball 4+4=8

UNIT - II

2. Draw a standard basketball court with updated marking. 8

Or

Write short notes on : 4+4=8

a) Free throw b) No-charge semicircle area.

UNIT - III

3. What is the aim of Sports Training? Discuss in detail about the principles of sports training. 2+6=8

Or

What is explosive strength? Write in detail about the methods of developing endurance. 2+6=8

UNIT - IV

4. What is tactics? Write the basic principles of passing and receiving. 2+6=8

Or

What is Motion Offence? Write in detail about one set play. 2+6=8

UNIT – V

5. Write the name of two fitness components that are very important in the game of Basketball. Write in detail about the test of these fitness components. 2+6=8

Or

Write short notes on : (a) Competition (b) Name some specific fitness test of Basketball and explain any one 4+4=8
