

B.P.Ed. Semester-II Examination, 2015

Physical Education

Course : BPED - 125

(Sports Training and Officiating)

Time : Three Hours

Full Marks : 40

Questions are of value as indicated in the margin.

Answer one question from each unit.

Unit - I

1. What do you mean by Sports Training? Write down the aim of Sports Training. Describe any two characteristics of Sports Training. 2+2+4=8

OR

What do you mean by over load? Explain the principles of load. 2+6=8

Unit-II

2. Describe in detail about the concept of Physical fitness. 8

OR

What is circuit training? Explain the characteristics of circuit training. Prepare a circuit training having 12 stations for developing strength. 2+2+4=8

Unit-III

3. (a) What do you mean by officiating? (b) Write down the importance of officiating (c) List down six important signals used in Kho-Kho officiating with diagram. 2+2+4=8

OR

Write an essay on utility of teaching officiating and coaching in Physical Education. 8

Unit-IV

4. Draw a Kho-Kho ground with latest measurements indicating the name of its different areas. 8

OR

Draw a shot-put sector with measurements. 8

Unit-V

5. What do you mean by 'retired out' and 'retired not out' in cricket? Explain in detail. 2+6=8

OR

Write short notes on **any two** of the following : 4+4=8

(i) Foul in Basketball

(ii) Change of Ends in Badminton

(iii) Time outs and technical time outs in Volleyball