

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

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 down the name of the Volleyball International governing body and also explain its structure and functions. 8

Or

VFI-its functions and structure for promotion of the Game. 8

UNIT - II

2. Draw a Volleyball competition arena with all measurement. 8

Or

Write short notes on : 4×2=8

a) Libero

b) Team and Technical Time Out.

UNIT - III

3. Define Sports Training and its principles. 2+6=8

Or

Explain periodisation in brief. 8

UNIT - IV

4. a) Write down the teaching stages of UNDERHAND PASS. 4+4=8

b) Write down 4 drills for developing underhand pass in Volleyball.

Or

Write down the teaching stages of 'TENNIS SERVICE'. 8

UNIT - V

5. Explain W + 1 with service reception formation in 5 – 1 team composition in details. 8

Or

Explain the concept of 1-2-3 Guarding the Attack in Volleyball. 8
