

B.P.Ed. Examination, 2019
Semester-IV
Physical Education
Course : EC-401
(Sports and Games)

Time : 3 Hours

Full Marks : 70

Questions are of value as indicated in the margin

Answer all questions as per the direction given in each unit.

UNIT - I

1. Draw a standard court/ground of your specialized game and sport with updated dimension and marking. 10+5=15

Or

Write the history and development of your specialized game and sport. Discuss the ethics of sports and sportsmanship. 15

UNIT – II

2. What is the aim of Sports Training? Discuss in detail about the principles of Sports Training. 3+12=15

Or

What is Displacement? Discuss Newton's Laws of Motion with example from games and sports. 3+12=15

UNIT – III

3. What is Speed Barrier? Discuss elaborately the factors that influence the Strength. 3+12=15

Or

What is Buffer Capacity? Discuss the methods of developing Endurance. 3+12=15

UNIT – IV

4. Write short notes on **any two** of the following :
(i) Warming up (ii) Weight Training (iii) Lead up activity (iv) Phases of skill acquisition

UNIT - V

5. Choose the correct answer from the following (**any ten**) : 10×1=10
- i) The height of the ring of basketball game from the floor is
a) 3 meter b) 3.5 meter c) 3.10 meter d) None of these
- ii) The minimum weight of a standard cricket ball is
a) 155gm b) 163gm c) 158gm d) None of these
- iii) The height of the crossbar from the goal line in football is
a) 2.43mtr b) 2.44mtr c) 2.45mtr d) 2.46 mtr

P.T.O.

(2)

- iv) Bicep curling is the example of
 - a) 1st class lever b) 2nd class lever c) 3rd class lever d) 1st and 2nd class both
 - v) The force that helps to pull the hammer inside while rotating in hammer throw is called
 - a) Centripetal force b) Centrifugal force c) Central force d) None of these
 - vi) The ratio between the phases of load and recovery is known as
 - a) Density of stimulus b) Intensity of stimulus c) Duration of stimulus d) Volume of stimulus
 - vii) Maintaining maximum speed at maximum distance is known as
 - a) Acceleration ability b) Locomotor ability c) Movement ability d) Speed endurance
 - viii) The ability to act against resistance is called
 - a) Dynamic strength b) Static strength c) Relative strength d) Strength endurance
 - ix) In variable pace method heart rate ranges between
 - a) 140-160B/M b) 160-180 B/M c) 170-190 B/M d) None of these
 - x) Tactical training is done
 - a) Before skills are mastered b) After skills are mastered c) Both Tactical training and technical training are done side by side d) All of the above
 - xi) Weight training is done by
 - a) Own body weight b) External weight c) Both a & B d) None of these
 - xii) Warming up is done on the basis of
 - a) Nature of activity b) Time available for activity c) Fitness level of the players d) All of these
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