

B.P.Ed Examination, 2017
Semester-IV
Physical Education
Course: EC- 401
(Theory of Sports and Games)

Time: 3 Hours

Full Marks: 70

Questions are of value as indicated in the margin.

**Answer any one question from unit-I to Unit-III, two from Unit-IV
and give ten answers from Unit-V**

Unit-I

1. Write the history and development of your specialized games and sports. Discuss the ethics of sports and sportsmanship. 10+5 = 15

Or

Draw a standard court/ ground of your specialized games and sports with updated dimension and marking. 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 Force? Discuss Newton's Law 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: 7.5 x 2 = 15
- i. Warming Up
 - ii. Weight Training
 - iii. Lead up activity
 - iv. Phases of skill acquisition

P.T.O.

Unit-V

5. Write the correct answer from the following (*any ten*)- 1 x 10 = 10
- i. The height of the ring of basketball game from the floor is-
 - a) 3 meter b) 3.05 meter c) 3.10 meter d) 3.15 meter
 - ii. For FIVB, World and Official competitions, the maximum temperature shall not be lower than-
 - a) 15° C b) 16 ° C c) 17 ° C d) 18 ° C
 - iii. The height of the crossbar from the goal line in Football is-
 - a) 2.43 mtr. b) 2.44 mtr. c) 2.45 mtr. d) 2.46 mtr.
 - iv. Bicep curling is the example of-
 - a) 1st class 1st type lever b) 2nd class lever c) 3rd class lever
 - d) 1st class 2nd type
 - v. The force that helps to throw the hammer 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 overcome resistance is called-
 - a) Dynamic strength b) Static strength c) Relative strength
 - d) Strength endurance
 - ix. In Fartlek training method, heart rate ranges between-
 - a) 140-160 B/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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