

B.A./B.Sc. (Honours) Examination, 2018

Semester-VI

Physical Education

Course: BABSCH-362

Specialization: Sports Training: (a) Athletics

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 about the awards conferred to the meritorious athletes of our country. 8

Or

Describe the functions and organizational set up of AFI. 8

Unit-II

2. Layout a 400m Track with all mathematical calculations. 8

Or

Describe how stagger distances are calculated for exchange zone marking in 4 x 100m Relay race. 8

Unit-III

3. Briefly describe the characteristics of sports training in light of track and field sports. 8

Or

Name different weight training exercises for a thrower and design a workout session. 8

Unit-IV

4. Discuss how you will progress to teach javelin throw to the beginners with drills and supplementary exercises. 8

Or

Write in detail about the steps of learning 'lead leg' and 'trail leg' actions of hurdling. 8

Unit-V

5. Write down the guidelines for use and organization of competition for children and youth athletes. 8

Or

Briefly explain about the kind of preparation an athlete should undergo just prior to the commencement of competition. 8
