

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

Semester-VI

Physical Education

Course: BABSCH-362

Specialization: Sports Training: (d) Football

Time – 3 Hours

Full Marks – 40

Questions are of value as indicated in the margin

Answer one question from each Unit

Unit-I

1. Explain the role of National affiliated bodies which control Football. 8

Or

Discuss the historical development of Football at National Level. 8

Unit-II

2. Lay out with full measurement of Football field including the measurement of goal post in details. 8

Or

Write short notes on (a) Tie Break (b) Penalty Kick (c) Throw in (d) Off-side. 4×2= 8

Unit-III

3. What do you understand by 'Periodization'? Explain the contents and types of Periodization. 2+6= 8

Or

Define Load. Discuss the types and Components of Load. 2+6= 8

Unit-IV

4. What is 'Technique'? How you will teach skills to the beginners? Explain with Example. 2+6=8

Or

Explain the stages of Training of Low drive and Heading to the beginners. 4+4=8

Unit-V

5. Explain the meaning of Competition. Discuss the merit and demerits of competition. 2+6=8

Or

Write short notes on: 4+4=8

(a) Performance & Skill Tests

(b) Specific Fitness Test
