

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

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 International bodies controlling the sports volleyball and write down its function. 2+6=8

Or

Write down the major National and International competitions in Volleyball. 8

Unit-II

2. Draw a Volleyball Competition/control area and mark the positions of all the officials. 5+3=8

Or

Write short notes on (a) Exceptional Substitution (b) Actions involving the Libero. 4+4=8

Unit-III

3. Define Sports training and write down the basic Principles of sports training. 2+6=8

Or

Write down the concept of Periodization in details. 8

Unit-IV

4. Explain the stages of 3 step approach and spike in detail. 8

Or

Write down the teaching stages of side roll dig 8

Unit-V

5. Write down the concept of 4-2 and 5-1 team competition in details. 8

Or

Discuss the concept of main and build up competition. 8
