

B.P.Ed. Examination, 2018
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 one question from each unit

Unit-I

1. Write the history and development of Cricket. Write the name with specifications of the standard equipments used in Gymnastics. 10+5=15

Or

Draw a standard Basketball court with updates dimension and marking. What are the standard equipment used in Football game? Give their specification. 10+5=15

Unit II

2. What is training load? Write in detail about the principles of load and adaptation. What is overload? 3+10+2=15

Or

What is the difference between distance and displacement? Discuss the types of lever with example from games and sports point of view. 3+12=15

Unit-III

3. What is Fartlek training method? Discuss elaborately the factors that influence the Endurance. 3+12=15

Or

What is explosive strength? Discuss the means and methods of developing Flexibility. 3+12=15

Unit-IV

4. Write short notes on **any two** of the following: 7.5+7.5=15
(i) Conditioning (ii) Strategy (iii) Recreational games (iv) Warming up

Unit-V

5. Answer **any ten** questions from the following: 10x1=10
- (i) The minimum diameter of the standard Basketball metal ring is – (a) 15mm (2) 16mm (3) 17mm (d) 20mm
 - (ii) The maximum circumference of a standard Volleyball is – (a) 65cm (b) 66cm (c) 67cm (d) 68cm
 - (iii) The minimum air pressure of a standard Football is – (a) 7psi (b) 7.5 psi (c) 8 psi (d) 8.5 psi
 - (iv) Jumping exercise is an example of Newton's – (a) 1st law of motion (b) 2nd law of motion (c) 3rd law of motion (d) None of these
 - (v) Triceps curling is the example of – (a) 1st class lever (b) 2nd class lever (c) 3rd class lever (d) None of these
 - (vi) The symptom of overload is – (a) Slow recovery (b) Indifference (c) Depression (d) All of these
 - (vii) In fast continuous method the heart rate ranges between – (a) 140-160 B/M (b) 160-180 B/M (c) 170-190 B/M (d) None of these
 - (viii) The type of coordinative ability is – (a) Smash ability (b) In differentiation ability (c) Rhythmic ability (d) None of these.
 - (ix) The fiber type required for strengthening activity is– (a) FT (b) ST (c) both FT & ST (d) None of these
 - (x) Phase of technical training is – (a) Acquisition phase (b) Stabilization phase (c) Automatization phase (d) All of the above
 - (xi) The game which help to learn the taught lesson is called – (a) Recreational games (b) Lead up games (c) Both a&b (d) None of these.
 - (xii) Team strategy made of on the basis of – (a) Own strength & weakness (b) Opponent's strength and weakness (c) Environmental factors (d) All of these