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EC 401

**IV Semester B.P.Ed. Degree Examination, September 2022
(New Syllabus)
Physical Education
THEORY OF SPORTS AND GAMES (Elective)**

Time : 3 Hours

Max. Marks : 70

Instructions : 1) Answer **all** questions.

2) **Each** question shall **not** exceed **6** pages.

1. a) Explain the history and development of Kabaddi. Draw a neat diagram of the Kabaddi court with all dimensions and markings. **15**

OR

- b) Explain the history and development of Volleyball. Draw a neat diagram of the Volleyball court with all dimensions and markings.

2. a) Define Force. Explain the Centripetal and Centrifugal force. **15**

OR

- b) What is overload ? Explain the causes and symptoms of overload.

3. a) What is Strength ? Explain the different types of Strength. **15**

OR

- b) What is Endurance ? Explain the different types of Endurance.

4. a) Explain the concept of recreational and lead up games. **15**

OR

- b) Explain the role of weight training in games and sports.

5. Write short notes on **any two** of the following. **(2×5=10)**

a) Sportsmanship

b) Equilibrium

c) Coordinative ability

d) Teaching of fundamental skills.