

(6 Pages)

Reg. No. :

Code No. : 30495 E Sub. Code : SMPE 62

B.Sc. (CBCS) DEGREE EXAMINATION, APRIL 2022

Sixth Semester

Physical Education — Core

THEORIES OF MAJOR GAMES [BASKET BALL,
FOOTBALL, HOCKEY, CRICKET AND
VOLLEY BALL]

(For those who joined in July 2017 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Who invented the game basket ball?
(a) James Naismith (b) Fredrich John
(c) G. Morgan (d) Whook
2. When was Hockey India established?
(a) 2010 (b) 2007
(c) 2009 (d) 2008

3. Which component helps to remove metabolites from the muscle?
(a) Training (b) Warm-down
(c) Complete rest (d) Diet
4. 1 RM is used to test the?
(a) Flexibility (b) Endurance
(c) Balance (d) Muscle strength
5. Biomechanics is used to?
(a) Analyse sports movements
(b) Select the best training exercise
(c) Reduce (or) prevent injuries
(d) All of the above
6. _____ is the sum of all forces contributed by each body part.
(a) Density (b) Velocity
(c) (a) and (b) (d) None of the above
7. The lead up activities helps to _____ necessary for all sports.
(a) Develop skills
(b) Accuracy
(c) Maximum strength
(d) Speed

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8. Collection of the data is used to ——— the athletes.

- (a) Develop (b) Measure
(c) Evaluate (d) Manage

9. Total duration of hockey match is

- (a) 40 mins (b) 60 mins
(c) 50 mins (d) 70 mins

10. Which is the new technology using in cricket?

- (a) Hawk eye (b) Hot spot
(c) (a) and (b) (d) None of the above

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain the organization structure of Hockey India.

Or

(b) Comment on ICC.

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12. (a) Write down the benefits of warm-up and warm-down.

Or

(b) Give out short notes on conditioning.

13. (a) Explain the advance skills of basketball.

Or

(b) Explain the advance skills of volleyball.

14. (a) Explain the evaluation in game.

Or

(b) Explain the system of play in hockey.

15. (a) Explain any two rules and their interpretations in your specialization.

Or

(b) Explain the new methods afficiating in basketball.

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PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Briefly explain the history of volley ball.

Or

- (b) Explain the development of foot ball in the world.

17. (a) Explain the load and types of load.

Or

- (b) Explain the importance of physical fitness components.

18. (a) Explain the fundamental skills of hockey.

Or

- (b) Explain the fundamental skill of cricket.

19. (a) Draw any two lead - up activities in the game of basketball.

Or

- (b) Draw any two lead - up activities in the game of cricket.

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20. (a) Draw a neat diagram of volleyball court with all measurements.

Or

- (b) Draw a neat diagram of football field.

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