

PART-B

Answer the following questions

5 X 6 = 30

Answer should not exceed 400 words or one page

11. a. Briefly explain the duties of track event Judges.
(or)
11. b. Explain any two officials of the competition in IAAF rules.
12. a. List down the defensive techniques and tactics in Football.
(or)
12. b. Explain the specific conditioning drills for jumpers.
13. a. Draw the model score sheet for shot-put.
(or)
13. b. Draw the diagram of Long Jump pit with measurement.
14. a. Explain the duties of officials in finishing point.
(or)
14. b. Draw a diagram of football goal post and measurement.
15. a. Explain the duties of call room judges.
(or)
15. b. Explain the techniques of 5 stride rhythm in Javelin.

PART-C

Answer the following questions

5 X 12 = 60

Answer should not exceed 800 words or six pages

16. a. Explain the origin and development of track and field.
(or)
16. b. Explain the history of football in India.
17. a. Write the model training schedule for High Jump – Beginners.
(or)
17. b. Explain the rules and regulations of the field officials in Athletics.
18. a. Explain the various methods of start in sprint events.
(or)
18. b. Draw a diagram of Discus Throw sector with measurements.
19. a. Draw a diagram of 400mts standard track and mark the 100 mts, 200 mts and 400 mts starting point.
(or)
19. b. Draw a diagram of football field and Explain the penalty area.
20. a. Calculate of stagger distance for standard track for 1-22 mts lane width.
(or)
20. b. Explain the various fouls in Football.
