

Answer the following

Answer should not exceed 400 words or two pages

- 11. a. Define Women's Sports in Sparta (or)
- b. Write the national federations and associations for any 5 games
- 12. a. List down the objectives of NCC. (or)
- b. Explain physical and mental training
- 13. a. Functions of all India Council of sports (or)
- b. Define Epic age
- 14. a. Explain social values and development of different traits and Ideas (or)
- b. Explain positive transfer
- 15. a. Give short notes on anticipatory theory (or)
- b. Explain Instinct practice theory

Part C

5 x 12=60

Answer the following

Answer should not exceed 800 words or four pages

- 16. a. Describe the Ancient and modern Olympics (or)
- b. Explain the vedic period and historical age (100 BC)
- 17. a. Explain the sheldon's classification of body types (or)
- b. Explain the krestchmer's classification
- 18. a. Enumurate the physiological differences (or)
- b. Define age and sex differences.
- 19. a. Give detail on N.S.NIS. (or)
- b. Explain the physical culture
- 20. a. Write the objectives of Indian Olympics.
- b. List down the National discipline scheme (N.D.S)
