

This question paper contains 2 printed pages]

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S. No. of Question Paper : 7867

Unique Paper Code : 2551102

F-1

Name of the Paper : Track and Field (DC-1.2)

Name of the Course : B.P.Ed. (Hons.) Physical Education & Sports Science

Semester : I

Duration : 3 Hours

Maximum Marks : 75

(Write your Roll No. on the top immediately on receipt of this question paper.)

Attempt any *three* questions from Part A and *three* questions from Part B.

Question paper is divided in two parts : Part A and Part B.

The questions in Part A carry *five* marks each and in Part B *twenty* marks each.

Part A

1. Write an essay on "Introduction of Track and Field." 5
2. Explain the hitch-kick technique in long jump. 5
3. Explain the responsibilities of incoming-runner in relay race. 5
4. Enlist the characteristics of a Triple Jumper. 5
5. Enlist the events of long distance running as per the IAAF. 5

P.T.O.

Part B

6. Write historical review of track and field. 20
7. Explain in detail the 100 m sprint running. 20
8. Define the relay races. Explain in detail Non-visual baton exchange. 20
9. What are the techniques of Triple Jump ? Explain flat technique in detail. 20
10. Explain running tactics used in long distance running. 20