

This question paper contains 2 printed pages]

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S. No. of Question Paper : 8041

Unique Paper Code : 2551207

F-II

Name of the Paper : Game of Specialization : Gymnastics (DC-1.4)

Name of the Course : B.P.Ed.

Semester : II

Duration : 3 Hours

Maximum Marks : 75

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

Question paper is divided into two Parts A and B.

The questions of Part A carry 5 marks each and questions

for Part B carry 20 marks each.

The student is required to attempt any 3 questions from

Part A and any 3 questions from Part B.

PART A

1. Write in brief the organization structure of F.I.G. 5
2. Explain in detail various types of gymnastics. 5
3. Write the importance of relative strength in gymnastics. 5

P.T.O.

4. "Proper warm up can prevent injuries in gymnastics". Justify the statement. 5
5. Explain in brief the technical stages of back flip on floor exercise. 5

PART B

6. Write in brief the historical development of gymnastics in Asia. 20
7. Explain the evaluation procedure for evaluating gymnastics performance. Write in brief the duties and responsibilities of Jury-A and Jury-B. 10+5+5=20
8. Define flexibility. Explain different ways and means for developing flexibility. 20
9. Write an essay on self safety in gymnastics. 20
10. Explain coaching steps for teaching giant circle forward on uneven parallel bars/horizontal bars. 20