

2023

PG RNLKWC/BPES 2023

PHYSICAL EDUCATION

1st Semester End Examination: 2023

SUBJECT -Athletics

PAPER -BPESSEC 01

Full Marks:40

Time :2Hrs.

*The figures in the right-hand margin indicate marks.
Candidates are required to give their answer in their own
words as far as practicable.
Illustrate the answer wherever necessary.*

Group: A

1. Answer any five questions from the followings:

5x2=10

1. What do you mean by Track and Field events?
2. What do you mean by 'heat' in athletics?
3. Write down the type of starts in Running Events.
4. What are the different techniques in high jump?
5. Classify throwing events.
6. What is gliding in Shot Put?
7. 'Hitch Kick' and 'Straddle Roll' are associated in which events?
8. Sequentially write the major steps to throw any one technique of putting the shot.

Turn Over

Group: B

Perform any four athletics events: 4x5=20

9. Perform any one running broad jump in step by step.
10. Execute the skill of baton exchange in relay race.
11. Demonstrate the holding and swinging techniques of Discus throw.
12. Demonstrate the process of scoring and Recording of a Long Jump event.
13. Demonstrate the process of scoring and recording of a 100 mt. heats and final event.
14. Perform any one technique of high jump.

Group: C

Perform any one of the question: 1x10=10

15. Take a crouch start with starting block and perform 50 mt. run with proper start. acceleration and finish technique. 10
16. Demonstrate the entire process of Javelin Throw including grip, carry, release and recovery. 10

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