



Answer all question in part 1 and part II and any two question in part III

Time : 01 Hour

Part I

1. a. What is most important in maintaining healthy life style
- b. Which class of Levers the body is mostly composed
- c. What is the weight of a men's javelin
- d. What is the with of and athletic running track.
- e. What is the height of the volley ball net from ground level for men and women respectively

Part – II

Briefly answer the following question

2. a. What is meant by muscular cramp?
- b. How many kilometers are there in a marathon distance
- c. What is the weight of a
 1. Cricket Ball
 2. Shuttle cock
- d. what is ball tampering in cricket
- e. where was the 2004 Olympics held

Part – III

Answer any two questions

1. Write short notes on the following
 1. Sports injuries
 2. Altitude training
 3. Inter university sports competition

2. Briefly explain the three major muscle groups of the body

3. Write the brief account of the following
 - a. interval training in sports
 - b. motivation in sports

4. Give the dimensions of the courts / pitches / ground mentioned below
 - a. Foot ball
 - b. Net ball
 - c. Basket ball
 - d. Volley ball
 - e. Badminton