

**2021  
(JUNE)  
BPES**

**BPS-332**

**(Theory of Specialized Game/ Sports)  
Theory**

**Full Marks: 50**

*The figures in the margin indicates full marks for the questions*

*Answer all questions*

1. Explain the technical skills of your selected specialized Game/Sports. 10  

**Or**

Explain any two offensive and defensive skills of your selected specialized Game/Sports. 10  

**Or**

Explain the classifications of Yogic practice. 10  

**Or**

Elucidate the Principles of Yogic practice. 10
2. Discuss the specific training methods of your selected specialized Game/Sports. 10  

**Or**

Elaborate the Scientific Training methods of your choice Game/Sports. 10  

**Or**

Elaborate the techniques of any two types of Pranayama. 10
3. Elucidate the tactics and strategies of your selected specialized Game/Sports. 10  

**Or**

Explain any one suitable measurement of skills of your choice Game/Sport. 10  

**Or**

Explain the techniques and benefits of any two Cultural Yoga Asana. 10
4. What do you mean by safety measures? Explain the preventive measures of any two commonly occurred injuries of your selected Game/Sports event. 2+8=10  

**Or**

What is Rehabilitation? Discuss with two points. 10
5. Describe the qualities and qualification of a good Coach. 10  

**Or**

Enumerate the duties of a good Coach. 10

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