



RAN - 1906030102010003

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**S.Y.MPT (Sports) Examination October - 2023**

**Sports : Basics, Assessment And Evaluation : Paper - V**

**Time: 3 Hours ]**

**[ Total Marks: 100**

**સૂચના : / Instructions**

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નીચે દર્શાવેલ નિશાનીવાળી વિગતો ઉત્તરવહી પર અવશ્ય લખવી.  
**Fill up strictly the details of signs on your answer book**

Name of the Examination:

**S.Y.MPT (Sports)**

Name of the Subject :

**Sports : Basics, Assessment And Evaluation : Paper - V**

Subject Code No.: **1906030102010003**

Seat No.:

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Student's Signature

(2) All questions are compulsory; Draw diagrams wherever necessary.

**SECTION -1: SPORTS - BASICS**

**Q. 1 Long Essay.**

**1 × 20 = 20**

a. Describe the biomechanics of long jump in detail.

**Q. 2 Short Essay.**

**2 × 10 = 20**

a. What are the principles of hydrotherapy? (5) Explain the role of aquatic therapy in sports (5).

b. What is pre-competition meal? (3) Explain the components of an effective and balanced pre-competition meal (7).

**Q. 3 Very Short Answer**

**2 × 5 = 10**

a. What is reversibility principle? Explain with an example.

b. Enlist different styles of swimming. Differentiate swimming methods based on the technique.

## SECTION - II: SPORTS - ASSESSMENT & EVALUATION

- Q. 1 Long Essay.** **1 × 20 = 20**
- a. Enlist health related fitness components (5).
  - b. Describe the commonly used methods to assess body composition in detail (15).
- Q. 2 Short Essay.** **2 × 10 = 20**
- a. Describe the components of on-field assessment in sports.
  - b. Enlist the intrinsic and extrinsic factors predisposing injuries in sports (5).  
Briefly explain the role of proper footwear in preventing sports injuries (5).
- Q. 3 Very Short Answer.** **2 × 5 = 10**
- a. Briefly describe the components of a primary injury survey in sports evaluation.
  - b. Significance of motion analysis in sports
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