

Question Paper

Exam Date & Time: 07-Jan-2023 (10:00 AM - 01:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

FIRST SEMESTER B.Sc. (EXERCISE AND SPORTS SCIENCES) DEGREE EXAMINATION - JANUARY 2023
SUBJECT: ESS1101- INTRODUCTION TO SPORT
(2020 SCHEME)

Answer ALL questions.

Marks: 100

Duration: 180 mins.

- 1) Explain any 20 rules of playing volleyball . List and explain any 5 skills in volleyball. (20)
(10+10 = 20 marks)
- 2) Explain any 20 rules of playing tennis. List and explain any 5 types of shots in tennis. (20)
(10+10 = 20 marks)
- 3) List and explain any 5 ways to get the batsman out in cricket. (10)
- 4) List and describe any 5 skills in wrestling. (10)
- 5A) Describe the phases of high jump event. (5)
- 5B) Explain the principles of Yoga. (5)
- 5C) List and explain any 5 violations/fouls in football and their consequence (5)
- 5D) List and explain any 5 service rules in badminton. (5)
- 5E) Describe the two events in Olympic lifting (5)
- 5F) Draw a neat labelled diagram of the basketball court with dimensions (5)
- 6A) Explain any one role of the strength and conditioning coach (2)
- 6B) List any 4 sprint events (2)
- 6C) List any 4 strokes in swimming (2)
- 6D) List any 4 types of archery (2)
- 6E) List any 2 motor sports events (2)

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