



**Part B**

**5 X 6=30**

**Answer the following**

**Answer should not exceed 400 words or two pages**

11. a. Define Women's Sports in Sparta  
(or)  
b. Write the national federations and associations for any 5 games
12. a. List down the objectives of NCC.  
(or)  
b. Explain physical and mental training
13. a. Functions of all India Council of sports  
(or)  
b. Define Epic age
14. a. Explain social values and development of different traits and ideas  
(or)  
b. Explain positive transfer
15. a. Give short notes on anticipatory theory  
(or)  
b. Explain instinct practice theory

**Part C**

**5 x 12=60**

**Answer the following**

**Answer should not exceed 800 words or four pages**

16. a. Describe the Ancient and modern Olympics  
(or)  
b. Explain the vedic period and historical age (100 BC)
17. a. Explain the sheldon's classification of body types  
(or)  
b. Explain the krestchmer's classification
18. a. Enumerate the physiological differences  
(or)  
b. Define age and sex differences.
19. a. Give detail on N.S.N1S.  
(or)  
b. Explain the physical culture
20. a. Write the objectives of Indian Olympics.  
(or)  
b. List down the National discipline scheme (N.D.S)

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