



Q.1. Give short answers of the following: (6x5=30)

- 1.what is the definition and types of sports?
- 2.what is 100 m hurdle race?
- 3.Define the changing zone.
- 4.what is the stagger distance among 9 lanes in 400 m race.
5. write down the rules and fouls of 200 m race.
- 6.what is the difference between 100 meter and 400 m hurdle race.

Q.2. Answers the following questions. (3x10=30)

- 1.Explain the Track & field events?
- 2.write down the Officiating ,Coaching Points and Techniques of 4x100 meter relay race.
- 3.Draw the standard track of 400 m.