

Master of Physical Education
M.P.Ed./Semester-II-May -2016
Paper-MPE-0803 (i) Game of Specialization
(Athletics)

Time: 3 Hours

Maximum Marks: 50

(Write your Roll No. on the top immediately on receipt of this question paper)

Note: Attempt any five questions. All questions carry equal marks

- Q. 1. Define Training load. Explain in detail the principles of training load. (10)
- Q.2. Explain technique of Javelin throw in detail. (10)
- Q.3. Define Technique. Explain technical preparation and development. (10)
- Q.4. Calculate the following, while given straight distance is 40m in 200m track: (10)
- (a) Marking Radius.
 - (b) Staggers for lane no.-3rd and 5th.
 - (c) Neat and clean diagram of said 200m track.
- Q.5. Differentiate among the technique, skill and style with illustration. (10)
- Q.6. Prepare a training schedule for completion period for a inter collegiate high jumper. (10)
- Q.7. Define physical fitness. Explain the various fitness tests for high jumper. (10)
- Q.8. Write short notes on **any two** of the following: (5+5=10)
- (a) Performance Record.
 - (b) Tactics in long distance running.
 - (c) Marks the long jump pit.