

S. No. 2012

Roll No.....

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

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. Explain the Principles of training load and various training methods applicable to Judo ?
- Q.2. Give an outline of Biomechanical considerations of Judo performance?
- Q.3. Give an outline of selected scientific research reviews on Judo ?
- Q.4. Write a note on main and build-up competition.
- Q.5. Write a note on tactical efficiency for Judo performance.
- Q.6. Discuss on Judo Skill Tests with suitable examples.
- Q.7. Prepare a teaching lesson-plan for judo class.
- Q.8. Discuss on different stages/phases of technique learning/teaching emphasizing their applications and principles.