

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

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 briefly the principles and objectives of coaching.

Q.2. Explain the attacking system of play in handball.

Q.3. What are the physiological and anthropometrical considerations in Handball game?

Q.4. Write short notes on any two of the following :

- (a) Risk management
- (b) Fatigue
- (c) Rehabilitation

Q.5. Explain the principle of load and adaptation in Handball.

Q.6. Prepare a diet plan for a week for inter-collegiate players.

Q.7. Short notes on the followings:

- (a) Ankle Sprain
- (b) Knee injuries

Q.8. Prepare a coaching plan for a week for inter-varsity Handball players.