

Master of Physical Education
M.P.Ed./Semester-II-May -2016
Paper-MPE-803(xiv) - Game of Specialization
(Volleyball)

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. Prepare a coaching lesson plan of 50 minutes duration on spiking skill (10)
- Q.2. Explain the process of talent identification? (10)
- Q.3. Explain the process of preparation of a Volleyball team for decisive competition? (10)
- Q.4. What are the physiological requirement associated with volleyball performance? Explain in detail. (10)
- Q.5. What are the biomechanical consideration for spiking skill in volleyball? Explain in detail. (10)
- Q.6. Explain the process of fatigue, recovery and super compensation in detail. (10)
- Q.7. Write a detailed press report on closing ceremony of a National Volleyball tournament for publishing in a news paper. (10)
- Q.8. Write short notes on any two of the following: (5,5)
- (a) Individual tactics on Service.
 - (b) Individual tactics on Spiking.
 - (c) Diet and Nutrition