

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- II, May - 2017  
Paper: MPE-0801**

M.P. Ed.  
Sem. II  
May / 17

**(Research Process and Statistical Techniques in Physical Education)**

Maximum Marks: 75

Time: 03 Hours.

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. What do you understand by experimental control? Explain the characteristics of experimental research. (15)
2. Describe the role of research in the sports and exercise sciences. (15)
3. Elaborate the considerations in writing report and abstract. Describe the process of formulating and submitting research proposal. (15)
4. Explain the theory of Binomial Expansion with suitable example. Describe meaning and principles of normal curve. (15)
5. Elaborate the importance of scales in research in physical education? Prepare t-scale, z scale, six sigma scale and hull scale. (15)
6. Calculate ANOVA from following data. (15)

Cricket	Basketball	Hockey
85 Kg	75 Kg	77 Kg
82 Kg	69 Kg	70 Kg
76 Kg	73 Kg	67 Kg
84 Kg	71 Kg	71 Kg
86 Kg	76 Kg	67 Kg

7. Enlist various relationship statistical techniques with their usage in research in Physical Education. (15)
8. Write the importance of comparative statistics in Physical Education. Calculate independent t-test from following data: (15)

**LONG JUMPER  
Height (in cm.)**

180  
186  
178  
183  
171  
189  
168  
176

**HIGH JUMPER  
Height (in cm.)**

185  
184  
181  
189  
179  
188  
182  
184

Roll No. 2051

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**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- II, May - 2017**

**Paper: MPE-0802  
(Education Technology and Pedagogy Techniques in Physical Education)**

Time: 03 Hours.

Maximum Marks: 75

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

**Note: Attempt any FIVE questions. All questions carry equal marks.** 3

1. Write the over-all teaching process in detail. (15)
2. Before teaching which aspects of lesson plan you will keep in your mind? Write in detail. (15)
3. Explain all the aspects of movement education. (15)
4. Write the importance of Audio/Video technology in Physical Education. (15)
5. Write the need and importance of Computer in Physical Education and Sports. (15)
6. List down various methods of teaching in Physical Education. Explain any two, with their merits and demerits in detail. (15)
7. Write short notes on any two of the following:- (15)
  - a) Factor affecting class management. (7 ½)
  - b) Use of world wide web. (7 ½)
  - c) Assessing student learning, use of computer. (7 ½)
8. List down various devices used in physical activities. Explain any two in detail. (15)

ial No. 2052 (i)

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**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- II, May – 2017**

**Paper - MPE-0803 (i): GAME OF SPECIALIZATION  
(ATHLETICS)**

ne: 03 Hours.

Maximum Marks: 50

rite your Roll No. on the top right side immediately on receipt of this question paper)

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Explain various causes, symptoms and management of over-load. (10)
2. Discuss about required motor abilities for a long jumper. (10)
3. Discuss various cyclic process of training in athletics. (10)
4. What do you suggest for enhancing the tactical efficiency for 'Middle Distance Runners'. (10)
5. Explain various teaching stages of any one skill of Shot-put. (10)
6. Write an essay on structure and process of improvement in performance. (10)
7. Discuss about physical, physiological and psychological preparation of athletes. (10)
8. Prepare a Micro Cycle for sprint athlete during competition season. (10)

Serial No. 2052 (iii)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - II, May - 2017**

**Paper - MPE-0803 (iii): GAME OF SPECIALIZATION  
(BADMINTON)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. What are motor components? What are the various methods to improve motor components? (10)
2. What are the various methods and principles of training load? (10)
3. What are the physiological and psychological considerations in Badminton? (10)
4. What is the cyclic process of training? Explain all the cycles in detail? (10)
5. Write notes on any two: (10)
  - (i) Teaching and coaching aids (05)
  - (ii) Knowledge tests (05)
  - (iii) Build up competitions. (05)
6. Prepare a coaching lesson plan for intermediate badminton player of competition phase? (10)
7. What are the causes, symptoms and management of over-load? (10)
8. Write notes of any two: (10)
  - (i) Anatomical considerations in Badminton (05)
  - (ii) Tactics of Badminton (05)
  - (iii) Strength Tests (05)

Serial No. 2052 (iv)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - II, May - 2017**

**Paper - MPE-0803 (iv) : GAME OF SPECIALIZATION  
(BASKETBALL)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Explain the Principles and Objectives of Coaching and the importance of Coaching in Individual and Team Building. (10)
2. Explain the(02) psychological qualities and the importance of psychological preparation of a Basketball player. (10)
3. Draw a Biomechanical Analysis of lay up in Basketball. (10)
4. Explain the following:- (10)
  - a) Fatigue, Recovery and Super Compensation. (05)
  - b) Load Vs Over-load. (05)
5. Emphasize the importance of Diet and Nutrition for a Basketball Player. (10)
6. List down the common injuries in Basketball and rehabilitation exercises for each. (10)
7. Prepare a Coaching Lesson Plan to teach any one advance skill of defensive system. (10)
8. Explain the importance of co-ordination of a Basketball Team player with the Coach, exercise physiologist and sports medicine doctor. (10)

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Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- II, May - 2017**

**Paper - MPE-0803 (v) : GAME OF SPECIALIZATION  
(CRICKET)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Write in detail:- (10)
  - a) Duties of an Umpire. (05)
  - b) Qualities of a good Captain. (05)
2. What do you understand by Sports Training?. Explain in detail its importance in Cricket. (10)
3. Explain in detail how knowledge of Sports Psychology helps Coaches for preparation of Cricket team. (10)
4. Write down mechanical analysis of any one skill of Cricket. (10)
5. Explain in detail of OFF DRIVE in Cricket. (10)
6. Prepare a one Week training schedule for advance Cricket Players. (10)
7. Write down the types of fielding in Cricket. Explain defensive fielding in Cricket. (10)
8. Write down short Notes:- (10)
  - a) First Wicket. (02)
  - b) No Ball (02)
  - c) Wide Ball (02)
  - d) Dead Ball (02)
  - e) Duties of Third Umpire. (02)

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- II, May - 2017**

**Paper - MPE-0803 (vi) : GAME OF SPECIALIZATION  
(FOOTBALL)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Write in detail the objectives of Coaching in Football Game. (10)
2. Explain the techniques of Coaching, Pep Talk Coaching and Pre-match Coaching. (10)
3. Prepare a diet chart for Inter-University Football Players. (10)
4. Explain the Psychological qualities preparation of a Football Player for Higher performance. (10)
5. What do you understand by training load and adaptation? Explain. (10)
6. What is the difference between Press Release and Reports? Explain in detail. (10)
7. What do you understand by Office Management? How will it help the players. (10)
8. Write short notes on any two of the following:- (10)
  - a) Ankle Sprain (05)
  - b) Shoulder dislocation (05)
  - c) Risk management (05)

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - II, May - 2017**

**Paper - MPE-0803 (vii) : GAME OF SPECIALIZATION  
(GYMNASTICS)**

Time: 03 Hours

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Briefly write about mental training during Competition for Elite Players. (10)
2. Prepare a sample exercise routine covering all requirement for Elite Gymnast on floor exercise. (10)
3. Briefly write role of diet in pre-competition during competition & off session phases. (10)
4. Write about objectives of world Gymnaestrada. (10)
5. Write short notes on the following:- (10)
  - a) Safety (05)
  - b) Law's of Motion. (05)
6. Briefly explain evaluation of degree of difficulty in Sports Aerobic Gymnastics. (10)
7. Explain in detail evaluation of 20 Marks for Women Gymnast. (10)
8. Write short notes on the following:- (10)
  - a) Sports Aerobics (05)
  - b) Attention in Gymnastics (05)



**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- II, May - 2017**

**Paper - MPE-0803 (viii) : GAME OF SPECIALIZATION  
(HANDBALL)**

Time 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Write short notes on the following: (10)
  - a) Personal management by the Players. (05)
  - b) Team management during a competition. (05)
2. What are the anthropometrical and physiological considerations that are to be kept in mind while selecting players for Handball Team? (10)
3. Discuss the biomechanical analysis of any one skill of Handball. (10)
4. What do you understand by the term Overload in Training? Explain the principles of load and adaptation. (10)
5. Write short answers on any two of the following:- (10)
  - i) Coaching schedule (05)
  - ii) Nutritional requirements of Handball Players (05)
  - iii) Short Term Training Plan. (05)
6. Write down the importance of Pep talks – before, during and after the Competition. (10)
7. What are the important training requirements of technical & tactical training among Handball players? Briefly discuss. (10)
8. Enlist various sports injuries in the game of Handball. Briefly explain the process of management and rehabilitation of "Knee displacement". (10)

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- II, May - 2017**

**Paper - MPE-0803 (ix) : GAME OF SPECIALIZATION  
(HOCKEY)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. "Coaching in an Art". Discuss the statement explaining objectives of the Coaching. (10)
2. Discuss the following:- (10)
  - (i) Identification of winning combination. (05)
  - (ii) Factors effecting Coaching schedule (05)
3. Discuss the Aims & Objectives of Long Term & Short Term Training Plans. (10)
4. Write a note on Nutritional requirements of Hockey Players. (10)
5. Explain Biomechanical Analysis of any one Skill in Hockey. (10)
6. Discuss in detail in principles of training load & adaptation in sports. (10)
7. Write a note on the following:- (10)
  - (i) Recovery & Super-compensation. (05)
  - (ii) Prevention of injuries in Hockey. (05)
8. Write in brief on any two of the following:- (10)
  - (i) Management of team during Competition. (05)
  - (ii) Marketing strategy (05)
  - (iii) Writing Press Release & Reports. (05)

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**MASTER OF PHYSICAL EDUCATION  
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**Paper - MPE-0803 (x) : GAME OF SPECIALIZATION  
(JUDO)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Explain the causes, symptoms and management of Overload. (10)
2. Explain the various training methods of Physical Fitness. (10)
3. Explain the Psychological considerations for High Performance in Judo. (10)
4. Discuss on short term planning for Competition. (10)
5. Write a note on performance analysis in Judo. (10)
6. Explain the difference stages of technique coaching in Judo with their applications and principles. (10)
7. Explain the means and methods of teaching lesson plan. (10)
8. Prepare a training schedule for beginner player of Judo. (10)

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**MASTER OF PHYSICAL EDUCATION  
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**Paper - MPE-0803 (xi) : GAME OF SPECIALIZATION  
(KABADDI)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Describe the term Coaching. Explain different Principles of Coaching. (10)
2. Prepare a Coaching Lesson Plan for Kabaddi students. (10)
3. Explain the process of load and adaptation in detail. (10)
4. Write down the Psychological preparation of a Kabaddi Player for better performance. (10)
5. Write a report for Press release on the Closing Ceremony of Inter-College Kabaddi Tournament. (10)
6. Write in detail about sports injuries in Kabaddi. (10)
7. Enlist the safety and preventive measures used (both ground & mats) at Inter-College level Tournament in Kabaddi. (10)
8. Write an essay on popularity of pro Kabaddi League on World level. (10)

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Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - II, May - 2017**

**Paper - MPE-0803 (xii) : GAME OF SPECIALIZATION  
(KHO-KHO)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. What do you understand by Coaching? Write all the principles of Coaching. (10)
2. Why planning is important in your Game? Write different types of training plans. Explain any one. (10)
3. Write a Bio-mechanical analysis of any one skill of your game in detail. (10)
4. Explain the word 'LOAD'. Write about Fatigue and recovery. (10)
5. Write all the managerial steps while organizing a Inter-college Kho-Kho Tournament. (10)
6. Write short note on any two of the following:- (10)
  - a) Coaching schedule – Weekly. (05)
  - b) Diet and nutrition for a Kho-Kho player. (05)
  - c) Injuries in Kho-Kho game. (05)
7. How will you prepare the player psychologically before the competition? (10)
8. Write short note on any two of the following:- (10)
  - a) Sponsor Identification (05)
  - b) Rehabilitation (05)
  - c) Publicity concerning competitions. (05)

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Roll No. \_\_\_\_\_

MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - II, May - 2017

Paper - MPE-0803 (xiv): GAME OF SPECIALIZATION  
(VOLLEYBALL)

Time 03 Hours.

Maximum Marks: 50

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

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

1. Prepare a coaching lesson plan of 50 minutes duration on the skill of Overhead pass. (10)
2. Explain the objectives of Coaching in detail. (10)
3. Prepare a coaching schedule of one session of two hours on any one skill of your choice. (10)
4. Explain 4 -2 offensive system of play with suitable illustration. (10)
5. Explain individual tactics on service and spiking. (10)
6. How will you rehabilitate a Volleyball player who has suffered ankle sprain during a Competition? Explain. (10)
7. Write a press report on Opening Ceremony of a State Level Volleyball Tournament. (10)
8. Write short notes on any two of the following:- (10)
  - a) Biomechanical analysis of any skill of your choice. (05)
  - b) Coaching schedule. (05)
  - c) Pep talk before and during match. (05)

Serial No. 2052 (xv)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - II, May - 2017**

**Paper - MPE-0803 (xiv) : GAME OF SPECIALIZATION  
(YOGA)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. What do you mean by Astangyoga? Explain Mantra and Bhakti Yoga. (10)
2. Explain Anataranga Yoga in detail. (10)
3. Write an essay on "Yoga and Research" (10)
4. Write an essay on "Tratak". (10)
5. Explain in detail the importance of meditation in relation to mental health of an individual. (10)
6. Write short notes on any two of the following:- (10)
  - a) Bhujangasana (05)
  - b) Vajrasana (05)
  - c) Pascimottanasana (05)
7. Explain in detail the uses of teaching aids in Yoga classes. (10)
8. Write down the detail teaching lesson plan for Yogasana. (10)

Serial No. 2053 (i)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - II, May - 2017**

**Paper - MPE-0804 (i) : SUBJECT SPECIALIZATION  
(EXERCISE PHYSIOLOGY)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Discuss the various physiological responses to exercising in the hot environment. (10)
2. Explain the female athlete triad in detail. (10)
3. Define strength. Discuss various factors that affect the development of strength. (10)
4. Suggest the guidelines for exercise for the expectant mother. (10)
5. Discuss the physiological guidelines for losing weight. (10)
6. Write a detailed note on plyometrics. (10)
7. Discuss the principles of strength training. (10)
8. Write short notes on any two of the following:- (5+5)
  - a) Heat disorders
  - b) Training session components
  - c) Behaviour Modification



Serial No. 2053 (ii)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - II, May - 2017  
Paper - MPE-0804 (ii) : SUBJECT SPECIALIZATION  
(SPORTS BIO-MECHANICS)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Write on Kinanthropometric characteristics effecting the mechanics of human movement (taking one Game/Sport as example of your choice). (10)
2. Discuss on Application of Biomechanics to Neuromuscular fitness activities emphasizing on – (10)
  - a) Aspects of fitness
  - b) Resistance devices used in training
  - c) Strength
  - d) Muscular endurance
  - e) Muscular power and
  - f) Flexibility
3. Explain the concept related to Linear movement responses to Applied forces emphasizing on – (10)
  - a) Linear speed and velocity
  - b) Linear acceleration
  - c) The relationship of Force, Mass and Linear Acceleration
  - d) Centripetal Force and Radial Acceleration
4. Write a note on Angular momentum emphasizing on – (10)
  - a) Angular Momentum
  - b) Angular Impulse
  - c) Conservation of angular momentum within a system
  - d) Vector resolution of angular momentum.
5. Give an analysis of activities in which the body rotate free of support emphasizing on – (10)
  - a) The human body in rotator motion
  - b) Initialing rotations and
  - c) Analysis of rotations while airborne.
6. Give an analysis of activities in which the body rotates while supported. (10)
7. Define the following movement analysis:-
  - a) Kinesiological analysis
  - b) Mechanical Analysis
  - c) Biomechanical Analysis
  - d) Quantitative Analysis and
  - e) Qualitative Analysis
8. Analyse biomechanically a one technique from a Sport/Game of your choice. (10)

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - II, May - 2017**

**Paper - MPE-0804 (iii) : SUBJECT SPECIALIZATION  
(EXERCISE AND SPORTS PSYCHOLOGY)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Discuss the following theories of Personality:- (5x2)
  - i) Trait Theory
  - ii) Psycho-analysis Theory
2. Identify & discuss personality traits of elite athletes. (10)
3. Explain neurophysiological basis of anxiety & arousal. (10)
4. Explain the following theories of anxiety & arousal:- (5x2)
  - i) Drive Theory
  - ii) Apter's Reversal Theory
5. Explain the following psychological skill:- (5x2)
  - i) Attention & concentration
  - ii) Imagery
6. Discuss the mental health perspective of athletes. Also discuss principles of mental health. (10)
7. Explain any two theories of aggression & discuss their implication in sports. (10)
8. Write briefly on any two of the following:- (5x2)
  - i) Individual difference in aggression
  - ii) Social learning theory of personality
  - iii) Anxiety Management.

Serial No. 2053 (v)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - II, May - 2017**

**Paper - MPE-0804 (v) : SUBJECT SPECIALIZATION  
(Sports Sociology)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Write the concept of society. Explain the sports in ancient society. (10)
2. What do you mean by culture and sports culture? Explain its components with sports examples. (10)
3. What is social stratification? Explain the relation of class and sports. (10)
4. What do you mean by "Amateurism and Professionalism" in sports. Write in detail. (10)
5. How does sport improve moral values in the life of sports person? (10)
6. Give your views about "Sports as Business". Explain. (10)
7. What do you mean by "Sport as a Social Phenomenon"? Write in detail. (10)
8. Write short notes on any two of the following:- (5+5)
  - a) Cohesiveness in various sports
  - b) Politics in sports
  - c) Sponsorship in sport

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- II, May - 2017**

**Paper: MPE-0804 (vi): SUBJECT SPECIALIZATION  
(Sports Management)**

Maximum Marks: 75

Time: 03 Hours.

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Explain the term leadership in management system. Explain the importance of leadership in management. (15)
2. Write short notes on any two of the following:- (7½x2)
  - i) Selection Process for recruitment
  - ii) Training methods for employees
  - iii) Recruitment sources
3. Discuss the types & channels of communication for human resource management. (15)
4. Explain the concept of Human Resource. Discuss the role of Human Resource department in an organization. (15)
5. Highlight the importance of Human Resource Department in developing good relations among public, players, media, investors, community etc. Quote suitable examples. (15)
6. Define the concept of performance appraisal. Explain the objective & purposes of Performance Appraisal Report. (15)
7. Discuss in detail various training methods employed by the HR Department for providing training to the new appointed employee in an organization. (15)
8. Write short notes on any two of the following:- (7½x2)
  - i) Concept of motivation for employees
  - ii) Recruitment Sources
  - iii) Staff Development Programme.

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- II, May - 2017**

**Paper: MPE-1101  
(Add-On Courses)  
(Sports Nutrition and Exercise Prescription)**

Time: 03 Hours.

Maximum Marks: 75

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Discuss the essential nutrients and their functions in the human body. (15)
2. What do you understand by the term balance diet? Explain how can you get balance diet. (6+9)
3. Write a detailed note on protein intake for athlete. (15)
4. Discuss in detail the female athlete triad. (15)
5. What are the various administrative guidelines for pre-testing situation? (15)
6. What is body composition? Explain any one method of assessing body composition. (3+12)
7. Explain the procedure for measuring flexibility using any one standard test. (15)
8. Write short notes on any two of the following:- (7½x2)
  - a) PAR – Q
  - b) Informed consent
  - c) Blood Pressure

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - II, May - 2017**

**Paper: MPE - 1103 : Add-On Courses  
(Gym. Operations)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. What is Obesity and how can it be detected? What are the health problems of Obesity? (10)
2. What is Aerobics? How to improve aerobics fitness? (10)
3. How to establish a Gym.? Explain. (10)
4. What are the qualities and qualifications of a Gym. Instructor? (10)
5. How to measure cardiovascular endurance? (10)
6. Write the benefits and elaborate Surya Namaskar? (10)
7. What is nutrition? Explain all the nutrients in detail. (10)
8. Answer any two from the following: (5x2)
  - i) Gimmicks
  - ii) Anorexia
  - iii) BMI

Serial No. 3054 (1104)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - II, May - 2017**

**Paper: MPE-1104: Add-On Courses  
(Computer Applications in Physical Education & Sports)**

Time: 03 Hours.

Maximum Marks: 75

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Define Operating System and types of Operating Systems in detail. (15)
2. Discuss about Computer Hardware and peripherals in Computer system. Write difference between Computer Hardware and Software. (15)
3. Write short note on Statistical Functions in MS Excel, define Multimedia and its building blocks in detail. (15)
4. Discuss application of MS Excel and MS Access. (15)
5. Write short note on any five of the following:- (5 X 3)
  - a) Animations
  - b) Slide Show and Slide Layouts
  - c) Graphs
  - d) Background
  - e) Charts
  - f) Bullets and Numbering
6. Write short note on any three of the following:- (3 X 5)
  - a) Abode Premier
  - b) Pinacel Tool
  - c) Animation
  - d) Photoshop and Studio
7. Write different components of IT and the role of IT in different sectors. (15)
8. Discuss applications e-mail in real time. List the operations performed in e-mail. (15)

Serial No. 3054 (1105)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- II, May - 2017**

**Paper: MPE-1105 : Add-On Courses  
(Life Saving Skills & Disaster Management)**

Time: 03 Hours.

Maximum Marks: 75

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Describe the need and importance of Disaster Management. (15)
2. Explain the meaning and types of Disaster. (15)
3. Describe the causes and effects of Earthquake. (15)
4. Write a note on the following (Any two): (7.5+7.5)
  - a. Cardio Pulmonary Resuscitation
  - b. Effects of Terrorist Attacks
  - c. Prevention of Disaster
5. "Disturbing nature in the name of development is the major cause of disaster". Discuss. (15)
6. Describe the role of voluntary agencies in the management of disaster. (15)
7. Explain the 'Disaster Management Act' in detail. (15)
8. Write down the safety measures to be taken during the following:- (5x3)
  - a) Flood
  - b) Heat Wave
  - c) Landslide



Roll No. 3054 (1108)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- II, May - 2017**

**Paper: MPE-1108 : Add-On Courses  
(Sports For All)**

Time: 03 Hours.

Maximum Marks: 50

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Define sports competition. Explain in detail the classification of sports. (10)
2. Define the concept of fitness and wellness. Explain in detail the factors of wellness. (10)
3. Describe the role of sports in promotion of health and fitness. (10)
4. Enlist the categories of competitive sports. Explain the constraints in sports performance. (10)
5. Define the recreation. 'Sports is a recreation motive' discuss. (10)
6. Write an essay on 'Social factors promoting recreation'. (10)
7. Define the concept of sports training. Explain the principles of sports training. (10)
8. Write short notes on any two of the following:- (5+5)
  - a. Sports counseling
  - b. Tactical training
  - c. Ethical values by sports.

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- II, May - 2017**

**Paper: MPE-1110 : Add-On Courses  
(Study of Olympics)**

Time: 03 Hours.

Maximum Marks: 75

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. Explain about aims and Symbols of the Olympic Movement (15)
2. Discuss the role of International Sports Federation (ISF). (15)
3. Discuss the following: (7½x2)
  - a) Olympic Museum
  - b) Olympic Academy
4. Write an essay on participation in Olympic Games. (15)
5. Discuss 'Women and Sports' in India. (15)
6. Write an essay on 'Organization of Olympic Games'. (15)
7. Discuss about Paralympic Games. (15)
8. Discuss the following:- (7½x2)
  - a) Olympism
  - b) University Games.

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- II, May - 2017**

**Paper: MPE-1111 : Add-On Courses  
(Advance Fitness Assessment & Exercise Prescription)**

Time: 03 Hours.

Maximum Marks: 75

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

**Note: Attempt any FIVE questions. All questions carry equal marks.**

1. What is 'Fitness' and 'Health Related Fitness'? Explain in details the components of health related fitness. (15)
2. What is the purpose of fitness testing? Write about the administrative guidelines for Pre-test and Post-test situation. (15)
3. Write short notes on the following:- (7½x2)
  - a) Evaluation of Flexibility
  - b) Cardio-respiratory fitness and its importance
4. What is "Heart Rate", "Blood Pressure" and Anthropometric measurements? Explain the assessment of any two of them. (15)
5. Write in details about the principles of Cardio-respiratory exercise prescription. (15)
6. Write about the guidelines for progression through 3 stages of exercise programme. (15)
7. Define the term "Body Composition". Explain in detail the Anthropometric method of assessing Body Composition. (15)
8. Write short notes on the following:- (7½x2)
  - a) Exercise Intensity
  - b) Short term and long term response to exercise.