

**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)