

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.