

ial No. 2052 (i)

Roll No.: _____

**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)