

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)