

**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)