

Serial No. 1051

Roll No.
M.P.Ed. 1st Semr 2017 Done on Computer

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0701: Research Process and Statistical Techniques in Physical Education

Time: 3 Hrs.

Maximum Marks: 75

(Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All question carry equal marks.

Q. 1. What do you mean by research? Explain in detail with suitable examples about types of Research. $5+10 = 15$

Q. 2. Write short notes on the following:-

(a) Delimitation

(b) Major Literature sources

$7 \frac{1}{2} \times 2 = 15$

Q. 3. Briefly Explain various techniques of Survey. 15

Q. 4. Write short notes on the following:-

(a) Case Study

(b) Internal and External Criticism

$7 \frac{1}{2} \times 2 = 15$

Q. 5. What do you understand by descriptive statistics? Calculate median by group data from the following raw score $5+10 = 15$

138, 155, 152, 148, 178, 145, 165, 154, 172, 139, 153, 145, 143, 167, 159, 145, 151, 147, 165, 138, 149, 165, 156, 151, 153, 171, 181, 168, 157, 173, 146, 158, 165, 167, 148, 162, 174, 157, 146, 140, 160, 159, 146, 172, 167.

Q. 6. Calculate quartile deviation for the above mentioned raw data. 15

Q. 7. Write short notes on the following:-

$7 \frac{1}{2} \times 2 = 15$

(a) Calculate Mean by ungrouped data in Q. 5.

(b) Types of Data

Q. 8. Calculate Chi-Square from the following data. 15

35	58	27	22
36	73	21	29
22	20	26	21

MASTER OF PHYSICAL EDUCATION**(M.P.Ed.) SEMESTER-I-2017****Paper: MPE-0702; Scientific Basis of Sports Training & Talent Identification**

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Describe the following:- 5x2= 10
(a) Concept of load & adaptation.
(b) Circuit training & Fartlek training.
- Q. 2. Explain the Principles of Sports training affecting performance. 10
- Q. 3. Discuss the following:- 5x2= 10
(a) Training methods to develop coordinative abilities.
(b) Relationship of Load & recovery.
- Q. 4. Discuss training methods to develop different types of endurance among athletes. 10
- Q. 5. Compare the importance of technical & tactical training in different sports? Also discuss different phases of technical training. 10
- Q. 6. What is Periodization in training? Discuss the concept of different types of Periodization. 10
- Q. 7. Discuss the following:- 5x2= 10
(a) Phases of talent Identification.
(b) Guidelines for talent identification.
- Q. 8. Write briefly on any two of the following:- 5x2= 10
(a) Factor of Load.
(b) Principles of tactical preparation.
(c) Types of Speed.

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0703 (i); Game of Specialization

Athletics

Time: 3 Hrs.

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 question carry equal marks.

Q. 1. Discuss historical development of Athletics in reference to the Modern Olympic Games. 10

Q. 2. Discuss basic rules of Track, Jumps and Throws in Athletics. 10

Q. 3. Explain physical, physiological and sociological characteristics of various athletes related to different events. 10

Q. 4. Write an essay on safety measures, prevention of injuries, and management of injuries for various levels and events of athletes. 10

Q. 5. Explain organizational structure of the State Level Athletics Meet. 10

Q. 6. How nutrition plays an important role for various levels of athletes? Explain. 10

Q. 7. Prepare a 400 M Standard Athletics Track with relevant calculations along with staggers for 200 M Run for all lanes & their marking procedure. 10

Q. 8. Write on the following:- 5x2= 10

(a) Structure and functions of AFL.

(b) Structure and functions of IAAF.

MASTER OF PHYSICAL EDUCATION

(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0703 (iii): Game of Specialization

Badminton

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Discuss the recent trends and developments in the game of Badminton. 10
- Q.2. Enlist various sports injuries in game Badminton. Briefly explain the process of Management and rehabilitation of "Shoulder – dislocation". 10
- Q. 3. Define the term "Sports Drinks". Discuss the importance of Sports drinks before, during and after a Badminton Competition. 10
- Q. 4. Write short notes on the following:- 5x2= 10
(a) Preparation of the report of the competition.
(b) Planning for the competition.
- Q. 5. Write short notes on the following:- 5x2= 10
(a) Duties and responsibilities of technical official.
(b) Role of Sports Psychologist.
- Q. 6. Explain the Principles of Sports training. 10
- Q. 7. Describe the coaching stages of "High lob Service" in badminton. 10
- Q. 8. Draw a well labeled diagram of Badminton court with all specifications. 10

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0703 (iv): Game of Specialization

Basketball

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Elaborate upon the historical development of basketball at International and National level. 10
- Q. 2. Explain in detail the prerequisites of preparation and training. 10
- Q. 3. List and explain coaching points for rebounding and lay-up and 2 drills each for each. 10
- Q. 4. List down the short term and long term planning essentials for organization of a successful competition. 10
- Q. 5. List down Basketball skill tests and explain any one of them in detail. 10
- Q. 6. Write briefly on any two of the following:- 5x2= 10
- (a) Teaching Progression.
 - (b) Defense patterns and drills.
 - (c) Organization and constitution of BFI.
- Q. 7. Write short notes on the following:- 5x2= 10
- (a) AAPHER Youth Fitness Test.
 - (b) Evaluation of team performance.
- Q. 8. Explain in detail the importance and development of "Agility" in Specific reference to Basketball. 10

MASTER OF PHYSICAL EDUCATION

(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0703 (v) / Game of Specialization

Cricket

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Write down the modern trends and development in cricket from time to time. 10
- Q. 2. What is endurance? Explain the importance of endurance for cricket players. 10
- Q. 3. Write short notes on the following:- 5×2= 10
- (a) No Ball.
 - (b) Wide Ball.
 - (c) Batting Crease
 - (d) Bowling Crease
 - (e) Hit Wicket
- Q. 4. Write down the different types of bowling in cricket. Explain leg spin bowling. 10
- Q. 5. Write short notes on the following:- 5×2= 10
- (a) Duties of Umpire.
 - (b) Explain in details the importance of protective equipment in cricket.
- Q. 6. Write short notes on the following:- 5×2= 10
- (a) Importance of physical fitness in cricket.
 - (b) Qualities of a good captain.
- Q. 7. "Catches win matches". Justify this statement with suitable examples. 10
- Q. 8. Explain in detail the off drive in cricket. 10

Serial No. 1053(v)

Roll No.....

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017**

**Paper: MPE-0703 (vi) ~~Game~~ of Specialization
Football**

Maximum Marks: 50

Time: 3 Hrs.

(Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All question carry equal marks.

- Q. 1. Discuss the historical development of Football at National Level. 10
- Q. 2. Write in detail the structural organization and functions of AIFF. 10
- Q. 3. List down the laws of the game. Discuss the latest new amendments in the laws. 10
- Q. 4. What is "Official" and "Officiating"? Write in detail the duties and responsibilities of officials in Football. 10
- Q. 5. Explain in detail the principle of warming up and cooling down and their effects. 10
- Q. 6. Write the development of Football specific fitness components. 10
- Q. 7. Write in detail the criteria of selection of team and conduct of a camp. 10
- Q. 8. Write briefly on any two of the following:- 5x2= 10
- (a) AAPHER Youth Fitness Test.
 - (b) McDonald Soccer Playing Ability Test.
 - (c) Indiana Motor Fitness Test.

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017**

Paper: MPE-0703 (viii): Game of Specialization

Handball

Time: 3 Hrs.

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 question carry equal marks.

Q. 1. Write down the Principles and objectives of coaching in Handball. 10

Q. 2. Write short notes on the Following. 5x2= 10

(a) Team Building.

(b) Coaching Lesson Plan.

Q. 3. Construct a diet plan for Inter- University level Handball player. 10

Q. 4. Prepare long-term training plan for the Handball player. 10

Q. 5. Write down the anthropometrical characteristics of a handball players along with their benefits in the game. 10

Q. 6. Write various offensive systems along with their advantages and disadvantages in the game. 10

Q. 7. Write do you understand by the terms "Fatigue", "Recovery" and "Super Compensation" in Sports Training ? Discuss in detail. 10

Q. 8. Write short note on the following:- 5x2= 10

(a) Ankle Sprain.

(b) Knee Injuires.

Q. 9. Prepare a biomechanical analysis of any one handball skill of your choice. 10

MASTER OF PHYSICAL EDUCATION**(M.P.Ed.) SEMESTER-I-2017****Paper: MPE-0703 (ix): Game of Specialization****Hockey**

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Discuss recent trends in the field Hockey with respect to rules, playing surfaces, player's equipment etc. 10
- Q. 2. Describe the organizational set up of International Hockey Federation. Discuss its various organs. 10
- Q. 3. Enlist officials involved in conducting a Hockey match. Discuss duties & responsibilities of each official. 10
- Q. 4. Discuss any two drills to improve attacking ability of the players in the game of field hockey. 10
- Q. 5. Warming up & Cooling down are important components of training. Discuss the statement. 10
- Q. 6. Explain the following Skills of Hockey:- 5x2= 10
(a) Scoop.
(b) Straight Push.
- Q. 7. Suggest training methods to develop speed among hockey players. 10
- Q. 8. Write briefly on any two of the following:- 5x2= 10
(a) Purpose of long & Short Term Training plan.
(b) Playing ability in Field Hockey.
(c) Maintenance of Synthetic Hockey Field.

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Roll No.....

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0703 (x): Game of Specialization

Judo ✓

Time: 3 Hrs.

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 question carry equal marks.

- | | |
|--|----|
| Q. 1. Discuss on the Technique classification and tactics of Judo. | 10 |
| | |
| Q. 2. Explain the structure and functions of International Judo Federation (IJF). | 10 |
| | |
| Q. 3. Discuss on Qualification, qualities and responsibilities of a Judo Coach. | 10 |
| | |
| Q. 4. Explain the Physical, Physiological and Psychological preparation of Judo players. | 10 |
| | |
| Q. 5. Write a note on Training for high performance Judo Players. | 10 |
| | |
| Q. 6. Write a note on nutritional supplements. | 10 |
| | |
| Q. 7. Explain the meaning definition, classification and components of nutrition. | 10 |
| | |
| Q. 8. Write a note on Nutrition at Pre, during and post competition phases. | 10 |

Serial No. 1053(x)

Roll No.....

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017**

**Paper: MPE-0703 (xi): ~~Game of Specialization~~
Kabaddi**

Maximum Marks: 50

Time: 3 Hrs.

(Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All question carry equal marks.

- Q. 1. What do you mean by play field technology? How is it useful in Kabaddi ? 10
- Q. 2. What do you mean by video analysis? How is it helpful to analyze skill of a Kabaddi Player ? 10
- Q. 3. Enlist Kabaddi Official and write their duties & responsibilities in the Kabaddi match. 10
- Q. 4. What is tiebreak in Kabaddi? Enlist latest rules of Kabaddi and their interpretation in detail. 10
- Q. 5. What is warming up? Write down the principles of warming up and cooling down. 10
- Q. 6. What are the long terms planning for organization of a Kabaddi Tournament? 10
- Q. 7. Write a complete lesson plan on any Kabaddi skill with drills. 10
- Q. 8. Prepare a sketch of Kabaddi court for male & female players with all specifications. 10

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0703 (xii): ~~Game of Specialization~~

Kho-Kho

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Make a neat diagram of Kho-Kho ground with its measurements. 10
- Q. 2. Explain the Historical development of Kho-Kho at National and International Level. 10
- Q. 3. Explain various rules and regulations of Kho-Kho game. 10
- Q. 4. Write about the Technical Training of Kho-Kho with different phases. 10
- Q. 5. Write about the various methods of evaluation of Kho-Kho performance of a team. 10
- Q. 6. Define 'Tactics'. Write about tactical training for an advanced player of Kho-Kho. 10
- Q. 7. Write different step of psychological preparation of a Kho-Kho team. 10
- Q. 8. Write different principles of training in detail. 10

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0703 (xiv) ~~Game~~ of Specialization

Volleyball

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Write about the modern trends and development in Volleyball since its inception. 10
- Q. 2. Explain the structure of FIVB in detail. 10
- Q. 3. Write down the duties and responsibilities of First Referee. 10
- Q. 4. Write about the misconduct and their sanctions for a Volleyball player. 10
- Q. 5. What is strength and different forms of strength? Explain the procedure to develop explosive strength of a Volleyball players. 10
- Q. 6. Explain "Underhand Pass" Provide five drills to perfect the underhand pass of a player. 10
- Q. 7. Write a report on the conduct of Inter -College Volleyball Tournament. 10
- Q. 8. Write briefly on any two of the following:- 5x2= 10
- (a) Duties of Scorer.
 - (b) General & Specific Warm up.
 - (c) Overhead Tennis Service.

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0703 (xv) ~~Game~~ of Specialization

Yoga

Maximum Marks: 50

Time: 3 Hrs.

(Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All question carry equal marks.

Q. 1. Explain in detail the importance of Yoga in Education.

10

Q. 2. Explain in detail the rules and regulations for A.I.U. Yoga Championship (Men & Women)

10

Q. 3. Explain in detail the qualities of a Yoga Coach.

10

Q. 4. Write down the procedure for the following:-

5x2= 10

(a) Vajrasan .

(b) Sarvangasan.

Q. 5. Explain in detail Jala Nete.

10

Q. 6. Explain in detail opening ceremony for All India Inter University Yoga Championship.

10

Q. 7. Explain in detail about Yogic Diet.

10

Q. 8. Explain in detail about Mahabandh.

10

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0704 (i): Subject Specialization

Exercise Physiology

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. What is the role of calcium in muscles fiber? 10
- Q. 2. Why are the ATP-PCr and Glycolytic energy systems considered anaerobic component. 10
- Q. 3. Explain various training principles in detail. 10
- Q. 4. Explain in detail the chronic adaptation of cardio vascular system. 10
- Q. 5. Discuss the guideline and process of testing situation. 10
- Q. 6. Describe the components of a good exercises programme and their importance in the total plan. 10
- Q. 7. Define flexibility. Describe various techniques which are used to develop flexibility. 10
- Q. 8. What is skill related fitness? Describe the components of skill related fitness. 10

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0704 (ii) ~~Subject Specialization~~
Sports Biomechanics

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Define Angular Speed, Angular acceleration, angular uniform acceleration, and angular momentum. 10
- Q. 2. Explain the importance of Biomechanics in Physical Education & Sports. 10
- Q. 3. Explain any two Biomechanical Principles with suitable examples. 10
- Q. 4. Write a note on the Law of Momentum, Law of Inertia and Law of moment of Inertia with suitable examples. 10
- Q. 5. Write a note on Lever. 10
- Q. 6. Explain the concept related to Controlling balance in static position in Physical Education activities. 10
- Q. 7. Write a note on Projectile Motion with suitable examples. 10
- Q. 8. Write a note on application of Hydrodynamics in Swimming. 10

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0704 (iii): Subject Specialization
Exercise & Sports Psychology

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Define Sports Psychology. Explain the importance of Sports Psychology for Athletes. 10
- Q. 2. Define teaching learning process. Explain observational learning in detail. 10
- Q. 3. Enlist types of learning. Explain in detail any two of them. 10
- Q. 4. Explain the concept of growth and development in relation to sports psychology. 10
- Q. 5. Define motivation. Explain the impact of motivation on competitive sports performance. 10
- Q. 6. Explain in detail the concept of achievement and motivation in competitive sports. 10
- Q. 7. Explain in detail the contribution of sensory process in sports performance. 10
- Q. 8. Write briefly on any two of the following:- 5x2= 10
- (a) Physical Action regulation.
 - (b) Characteristics of Childhood.
 - (c) Experimental learning method.

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0704 (iv); Subject Specialization

Professional Preparation & Curriculum Design

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Write in detail the meaning and concept of Professional in Sports. 10
- Q. 2. What do you think about commercialization in Sports ? 10
- Q. 3. What do you think about planning? How educational policies and programs are implemented in College/Institutes? 10
- Q. 4. What is the difference between profession and professional? 10
- Q. 5. What do you understand by career avenues and job opportunities in physical education and sports ? Explain. 10
- Q. 6. Explain the role of Physical Education Teacher in College/Institute in Professional preparation programme. 10
- Q. 7. Explain the objectives and characteristics of Professional Preparation on Programme. 10
- Q. 8. Write briefly on any two of the following:- 5x2= 10
- (a) Difference between planning and policy.
 - (b) Professionalism.
 - (c) Career avenues after Graduate and Postgraduate degree.

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0704 (v): Subject Specialization
Sports Sociology

Maximum Marks: 50

Time: 3 Hrs.

Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All question carry equal marks.

- | | |
|---|----|
| Q. 1. What is Sports Sociology? How it is important for the Society? | 10 |
| Q. 2. Write down the current status of Sports Sociology in India & Abroad. | 10 |
| Q. 3. How Greece & Roman Sports activities were different from each other? Discuss in Detail. | 10 |
| Q. 4. "Sports as Man's cultured heritage"? Write in Detail. | 10 |
| Q. 5. What do you mean by research techniques in social sciences? Discuss in detail. | 10 |
| Q. 6. What do you mean by Capitalist & Socialist view point on Sports? | 10 |
| Q. 7. Write in detail about professionalism and amateurism in Sports. | 10 |
| Q. 8. "Sports is a Business". Discuss in detail. | 10 |

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0704 (vi): Subject Specialization
Sports Management

Time: 3 Hrs.

Maximum Marks: 75

(Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All question carry equal marks.

- Q. 1. Define Sports Management? Discuss the historical development of Sports Management in India. 15
- Q. 2. Discuss the qualities & role of a leader in Sports Management. 15
- Q. 3. Discuss the role of Sports Medicine Management team in enhancing the performance & Health care of athletes. 15
- Q. 4. Define the term planning Explain in brief the Principles of Planning. 15
- Q. 5. Write short notes on the following: $7 \frac{1}{2} \times 2 = 15$
- (a) Identification of Human resources.
 - (b) Significance of Sports Management in present day world.
- Q. 6. Discuss the job specifications of the physical education professional in school settings. 15
- Q. 7. Discuss the significance & role of press & electronic media in promotion of physical education and sports in India. 15
- Q. 8. Write briefly on any two of the following:- $7 \frac{1}{2} \times 2 = 15$
- (a) Sports Medicine.
 - (b) Career avenues in Sports Management.
 - (c) Need & Importance of Planning.

Serial No. 1051

Roll No.....

MASTER OF PHYSICAL EDUCATION

(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0701: Research Process and Statistical Techniques in Physical Education

Time: 3 Hrs.

Maximum Marks: 75

(Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All question carry equal marks.

Q. 1. What do you mean by research? Explain in detail with suitable examples about types of Research. 5+10 = 15

Q. 2. Write short notes on the following:-

(a) Delimitation

(b) Major Literature sources

$7 \frac{1}{2} \times 2 = 15$

Q. 3. Briefly Explain various techniques of Survey. 15

Q. 4. Write short notes on the following:-

(a) Case Study

(b) Internal and External Criticism

$7 \frac{1}{2} \times 2 = 15$

Q. 5. What do you understand by descriptive statistics? Calculate median by group data from the following raw score 5+10 = 15

138, 155, 152, 148, 178, 145, 165, 154, 172, 139, 153, 145, 143, 167, 159, 145, 151, 147, 165, 138, 149, 165, 156, 151, 153, 171, 181, 168, 157, 173, 146, 158, 165, 167, 148, 162, 174, 157, 146, 140, 160, 159, 146, 172, 167.

Q. 6. Calculate quartile deviation for the above mentioned raw data. 15

Q. 7. Write short notes on the following:-

$7 \frac{1}{2} \times 2 = 15$

(a) Calculate Mean by ungrouped data in Q. 5.

(b) Types of Data

Q.8. Calculate Chi-Square from the following data. 15

35	58	27	22
36	73	21	29
22	20	26	21

MASTER OF PHYSICAL EDUCATION**(M.P.Ed.) SEMESTER-I-2017****Paper: MPE-0702: Scientific Basis of Sports Training & Talent Identification**

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Describe the following:- 5x2= 10
(a) Concept of load & adaptation.
(b) Circuit training & Fartlek training.
- Q. 2. Explain the Principles of Sports training affecting performance. 10
- Q. 3. Discuss the following:- 5x2= 10
(a) Training methods to develop coordinative abilities.
(b) Relationship of Load & recovery.
- Q. 4. Discuss training methods to develop different types of endurance among athletes. 10
- Q. 5. Compare the importance of technical & tactical training in different sports? Also discuss different phases of technical training. 10
- Q. 6. What is Periodization in training? Discuss the concept of different types of Periodization. 10
- Q. 7. Discuss the following:- 5x2= 10
(a) Phases of talent Identification.
(b) Guidelines for talent identification.
- Q. 8. Write briefly on any two of the following:- 5x2= 10
(a) Factor of Load.
(b) Principles of tactical preparation.
(c) Types of Speed.

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0703 (i): Game of Specialization

Athletics

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Discuss historical development of Athletics in reference to the Modern Olympic Games. 10
- Q. 2. Discuss basic rules of Track, Jumps and Throws in Athletics. 10
- Q. 3. Explain physical, physiological and sociological characteristics of various athletes related to different events. 10
- Q. 4. Write an essay on safety measures, prevention of injuries, and management of injuries for various levels and events of athletes. 10
- Q. 5. Explain organizational structure of the State Level Athletics Meet. 10
- Q. 6. How nutrition plays an important role for various levels of athletes? Explain. 10
- Q. 7. Prepare a 400 M Standard Athletics Track with relevant calculations along with staggers for 200 M Run for all lanes & their marking procedure. 10
- Q. 8. Write on the following:- 5x2= 10
- (a) Structure and functions of AFI.
 - (b) Structure and functions of IAAF.

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0703 (iii): Game of Specialization
Badminton

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Discuss the recent trends and developments in the game of Badminton. 10
- Q. 2. Enlist various sports injuries in game Badminton. Briefly explain the process of Management and rehabilitation of "Shoulder – dislocation". 10
- Q. 3. Define the term "Sports Drinks". Discuss the importance of Sports drinks before, during and after a Badminton Competition. 10
- Q. 4. Write short notes on the following:- 5x2= 10
(a) Preparation of the report of the competition.
(b) Planning for the competition.
- Q. 5. Write short notes on the following:- 5x2= 10
(a) Duties and responsibilities of technical official.
(b) Role of Sports Psychologist.
- Q. 6. Explain the Principles of Sports training. 10
- Q. 7. Describe the coaching stages of "High lob Service" in badminton. 10
- Q. 8. Draw a well labeled diagram of Badminton court with all specifications. 10

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017**

Paper: MPE-0703 (iv): Game of Specialization

Basketball

Maximum Marks: 50

Time: 3 Hrs.

Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All question carry equal marks.

- Q. 1. Elaborate upon the historical development of basketball at International and National level. 10
- Q. 2. Explain in detail the prerequisites of preparation and training. 10
- Q. 3. List and explain coaching points for rebounding and lay-up and 2 drills each for each. 10
- Q. 4. List down the short term and long term planning essentials for organization of a successful competition. 10
- Q. 5. List down Basketball skill tests and explain any one of them in detail. 10
- Q. 6. Write briefly on any two of the following:- 5x2= 10
 - (a) Teaching Progression.
 - (b) Defense patterns and drills.
 - (c) Organization and constitution of BFI.
- Q. 7. Write short notes on the following:- 5x2= 10
 - (a) AAPHER Youth Fitness Test.
 - (b) Evaluation of team performance.
- Q. 8. Explain in detail the importance and development of "Agility" in Specific reference to Basketball. 10

MASTER OF PHYSICAL EDUCATION**(M.P.Ed.) SEMESTER-I-2017****Paper: MPE-0703 (v): Game of Specialization****Cricket**

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Write down the modern trends and development in cricket from time to time. 10
- Q. 2. What is endurance? Explain the importance of endurance for cricket players. 10
- Q. 3. Write short notes on the following:- 5x2= 10
 - (a) No Ball.
 - (b) Wide Ball.
 - (c) Batting Crease
 - (d) Bowling Crease
 - (e) Hit Wicket
- Q. 4. Write down the different types of bowling in cricket. Explain leg spin bowling. 10
- Q. 5. Write short notes on the following:- 5x2= 10
 - (a) Duties of Umpire.
 - (b) Explain in details the importance of protective equipment in cricket.
- Q. 6. Write short notes on the following:- 5x2= 10
 - (a) Importance of physical fitness in cricket.
 - (b) Qualities of a good captain.
- Q. 7. "Catches win matches". Justify this statement with suitable examples. 10
- Q. 8. Explain in detail the off drive in cricket. 10

**MASTER OF PHYSICAL EDUCATION
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Paper: MPE-0703 (vi): Game of Specialization

Football

Maximum Marks: 50

Time: 3 Hrs.

Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All question carry equal marks.

- | | |
|---|---------|
| Q. 1. Discuss the historical development of Football at National Level. | 10 |
| Q. 2. Write in detail the structural organization and functions of AIFF. | 10 |
| Q. 3. List down the laws of the game. Discuss the latest new amendments in the laws. | 10 |
| Q. 4. What is "Official" and "Officiating"? Write in detail the duties and responsibilities of officials in Football. | 10 |
| Q. 5. Explain in detail the principle of warming up and cooling down and their effects. | 10 |
| Q. 6. Write the development of Football specific fitness components. | 10 |
| Q. 7. Write in detail the criteria of selection of team and conduct of a camp. | 10 |
| Q. 8. Write briefly on any two of the following:- | 5x2= 10 |
| <p>(a) AAPHER Youth Fitness Test.</p> <p>(b) McDonald Soccer Playing Ability Test.</p> <p>(c) Indiana Motor Fitness Test.</p> | |

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0703 (viii): Game of Specialization

Handball

Time: 3 Hrs.

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 question carry equal marks.

Q. 1. Write down the Principles and objectives of coaching in Handball. 10

Q. 2. Write short notes on the Following. 5x2= 10

(a) Team Building.

(b) Coaching Lesson Plan.

Q. 3. Construct a diet plan for Inter- University level Handball player. 10

Q. 4. Prepare long-term training plan for the Handball player. 10

Q. 5. Write down the anthropometrical characteristics of a handball players along with their benefits in the game. 10

Q. 6. Write various offensive systems along with their advantages and disadvantages in the game. 10

Q. 7. Write do you understand by the terms "Fatigue", "Recovery" and "Super Compensation" in Sports Training ? Discuss in detail. 10

Q. 8. Write short note on the following:- 5x2= 10

(a) Ankle Sprain.

(b) Knee Injuires.

Q. 9. Prepare a biomechanical analysis of any one handball skill of your choice. 10

MASTER OF PHYSICAL EDUCATION**(M.P.Ed.) SEMESTER-I-2017****Paper: MPE-0703 (ix): Game of Specialization****Hockey**

Maximum Marks: 50

: 3 Hrs.

te your Roll No. on the top right side immediately on receipt of this question paper)

: Attempt any FIVE questions. All question carry equal marks.

1. Discuss recent trends in the field Hockey with respect to rules, playing surfaces, player's equipment etc. 10
2. Describe the organizational set up of International Hockey Federation. Discuss its various organs. 10
3. Enlist officials involved in conducting a Hockey match. Discuss duties & responsibilities of each official. 10
4. Discuss any two drills to improve attacking ability of the players in the game of field hockey. 10
5. Warming up & Cooling down are important components of training. Discuss the statement. 10
6. Explain the following Skills of Hockey:- 5x2= 10
 - (a) Scoop.
 - (b) Straight Push.
7. Suggest training methods to develop speed among hockey players. 10
8. Write briefly on any two of the following:- 5x2= 10
 - (a) Purpose of long & Short Term Training plan.
 - (b) Playing ability in Field Hockey.
 - (c) Maintenance of Synthetic Hockey Field.

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Paper: MPE-0703 (x): Game of Specialization

Judo

Time: 3 Hrs.

Maximum Marks: 50

Write your Roll No. on the top right side immediately on receipt of this question paper)

Instruction: Attempt any FIVE questions. All question carry equal marks.

1. Discuss on the Technique classification and tactics of Judo. 10
2. Explain the structure and functions of International Judo Federation (IJF). 10
3. Discuss on Qualification, qualities and responsibilities of a Judo Coach. 10
4. Explain the Physical, Physiological and Psychological preparation of Judo players. 10
5. Write a note on Training for high performance Judo Players. 10
6. Write a note on nutritional supplements. 10
7. Explain the meaning definition, classification and components of nutrition. 10
8. Write a note on Nutrition at Pre, during and post competition phases. 10

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Paper: MPE-0703 (xi): Game of Specialization

Kabaddi

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. What do you mean by play field technology? How is it useful in Kabaddi ? 10
- Q. 2. What do you mean by video analysis? How is it helpful to analyze skill of a Kabaddi Player ? 10
- Q. 3. Enlist Kabaddi Official and write their duties & responsibilities in the Kabaddi match. 10
- Q. 4. What is tiebreak in Kabaddi? Enlist latest rules of Kabaddi and their interpretation in detail. 10
- Q. 5. What is warming up? Write down the principles of warming up and cooling down. 10
- Q. 6. What are the long terms planning for organization of a Kabaddi Tournament? 10
- Q. 7. Write a complete lesson plan on any Kabaddi skill with drills. 10
- Q. 8. Prepare a sketch of Kabaddi court for male & female players with all specifications. 10

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Paper: MPE-0703 (xii): Game of Specialization

Kho-Kho

Time: 3 Hrs.

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 question carry equal marks.

- | | |
|--|----|
| Q. 1. Make a neat diagram of Kho-Kho ground with its measurements. | 10 |
| Q. 2. Explain the Historical development of Kho-Kho at National and International Level. | 10 |
| Q.3. Explain various rules and regulations of Kho-Kho game. | 10 |
| Q. 4. Write about the Technical Training of Kho-Kho with different phases. | 10 |
| Q. 5. Write about the various methods of evaluation of Kho-Kho performance of a team. | 10 |
| Q. 6. Define 'Tactics'. Write about tactical training for an advanced player of Kho-Kho. | 10 |
| Q.7. Write different step of psychological preparation of a Kho-Kho team. | 10 |
| Q. 8. Write different principles of training in detail. | 10 |

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Paper: MPE-0703 (xiv): Game of Specialization

Volleyball

Time: 3 Hrs.

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 question carry equal marks.

Q. 1. Write about the modern trends and development in Volleyball since its inception. 10

Q. 2. Explain the structure of FIVB in detail. 10

Q. 3. Write down the duties and responsibilities of First Referee. 10

Q. 4. Write about the misconduct and their sanctions for a Volleyball player. 10

Q. 5. What is strength and different forms of strength? Explain the procedure to develop explosive strength of a Volleyball players. 10

Q. 6. Explain "Underhand Pass" Provide five drills to perfect the underhand pass of a player. 10

Q. 7. Write a report on the conduct of Inter -College Volleyball Tournament. 10

Q. 8. Write briefly on any two of the following:- 5x2= 10

(a) Duties of Scorer.

(b) General & Specific Warm up.

(c) Overhead Tennis Service.

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Paper: MPE-0703 (xv): Game of Specialization

Yoga

Time: 3 Hrs.

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 question carry equal marks.

- Q. 1. Explain in detail the importance of Yoga in Education. 10
- Q. 2. Explain in detail the rules and regulations for A.I.U. Yoga Championship (Men & Women) 10
- Q. 3. Explain in detail the qualities of a Yoga Coach. 10
- Q. 4. Write down the procedure for the following:- 5x2= 10
(a) Vajrasan .
(b) Sarvangasan.
- Q. 5. Explain in detail Jala Nete. 10
- Q. 6. Explain in detail opening ceremony for All India Inter University Yoga Championship. 10
- Q. 7. Explain in detail about Yogic Diet. 10
- Q. 8. Explain in detail about Mahabandh. 10

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Paper: MPE-0704 (i): Subject Specialization

Exercise Physiology

Maximum Marks: 50

Time: 3 Hrs.

(Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All question carry equal marks.

- Q.1. What is the role of calcium in muscles fiber? 10
- Q.2. Why are the ATP-PCr and Glycolytic energy systems considered anaerobic component. 10
- Q.3. Explain various training principles in detail. 10
- Q.4. Explain in detail the chronic adaptation of cardio vascular system. 10
- Q.5. Discuss the guideline and process of testing situation. 10
- Q.6. Describe the components of a good exercises programme and their importance in the total plan. 10
- Q.7. Define flexibility. Describe various techniques which are used to develop flexibility. 10
- Q.8. What is skill related fitness? Describe the components of skill related fitness. 10

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Paper: MPE-0704 (ii): Subject Specialization
Sports Biomechanics

Time: 3 Hrs.

Maximum Marks: 50

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Note: Attempt any FIVE questions. All question carry equal marks.

1. Define Angular Speed, Angular acceleration, angular uniform acceleration, and angular momentum. 10
2. Explain the importance of Biomechanics in Physical Education & Sports. 10
3. Explain any two Biomechanical Principles with suitable examples. 10
4. Write a note on the Law of Momentum, Law of Inertia and Law of moment of Inertia with suitable examples. 10
5. Write a note on Lever. 10
6. Explain the concept related to Controlling balance in static position in Physical Education activities. 10
7. Write a note on Projectile Motion with suitable examples. 10
8. Write a note on application of Hydrodynamics in Swimming. 10

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Paper: MPE-0704 (iii): Subject Specialization

Exercise & Sports Psychology

Time: 3 Hrs.

Maximum Marks: 50

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Note: Attempt any FIVE questions. All question carry equal marks.

- Q. 1. Define Sports Psychology. Explain the importance of Sports Psychology for Athletes. 10
2. Define teaching learning process. Explain observational learning in detail. 10
3. Enlist types of learning. Explain in detail any two of them. 10
4. Explain the concept of growth and development in relation to sports psychology. 10
5. Define motivation. Explain the impact of motivation on competitive sports performance. 10
6. Explain in detail the concept of achievement and motivation in competitive sports. 10
7. Explain in detail the contribution of sensory process in sports performance. 10
8. Write briefly on any two of the following:- 5x2= 10
 - (a) Physical Action regulation.
 - (b) Characteristics of Childhood.
 - (c) Experimental learning method.

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Paper: MPE-0704 (iv): Subject Specialization

Professional Preparation & Curriculum Design

Maximum Marks: 50

Time: 3 Hrs.

Write your Roll No. on the top right side immediately on receipt of this question paper)

Attempt any FIVE questions. All question carry equal marks.

1. Write in detail the meaning and concept of Professional in Sports. 10
2. What do you think about commercialization in Sports ? 10
3. What do you think about planning? How educational policies and programs are implemented in College/Institutes? 10
4. What is the difference between profession and professional? 10
5. What do you understand by career avenues and job opportunities in physical education and sports ? Explain. 10
6. Explain the role of Physical Education Teacher in College/Institute in Professional preparation programme. 10
7. Explain the objectives and characteristics of Professional Preparation on Programme. 10
8. Write briefly on any two of the following:- 5x2= 10
 - (a) Difference between planning and policy.
 - (b) Professionalism.
 - (c) Career avenues after Graduate and Postgraduate degree.

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(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0704 (v): Subject Specialization
Sports Sociology

Maximum Marks: 50

Time: 3 Hrs.

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Note: Attempt any FIVE questions. All question carry equal marks.

1. What is Sports Sociology? How it is important for the Society? 10
2. Write down the current status of Sports Sociology in India & Abroad. 10
3. How Greece & Roman Sports activities were different from each other? Discuss in Detail. 10
4. "Sports as Man's cultured heritage"? Write in Detail. 10
5. What do you mean by research techniques in social sciences? Discuss in detail. 10
6. What do you mean by Capitalist & Socialist view point on Sports? 10
7. Write in detail about professionalism and amateurism in Sports. 10
8. "Sports is a Business". Discuss in detail. 10

MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-I-2017

Paper: MPE-0704 (vi): Subject Specialization
Sports Management

Time: 3 Hrs.

Maximum Marks: 75

Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All question carry equal marks.

1. Define Sports Management? Discuss the historical development of Sports Management in India. 15
2. Discuss the qualities & role of a leader in Sports Management. 15
3. Discuss the role of Sports Medicine Management team in enhancing the performance & Health care of athletes. 15
4. Define the term planning Explain in brief the Principles of Planning. 15
5. Write short notes on the following: 7 ½ x 2= 15
 - (a) Identification of Human resources.
 - (b) Significance of Sports Management in present day world.
6. Discuss the job specifications of the physical education professional in school settings. 15
7. Discuss the significance & role of press & electronic media in promotion of physical education and sports in India. 15
8. Write briefly on any two of the following:- 7 ½ x 2= 15
 - (a) Sports Medicine.
 - (b) Career avenues in Sports Management.
 - (c) Need & Importance of Planning.