

Serial No. 1153(iv)

Roll No.....

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-II-2018**

**Paper: MPE-803 (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. Explain the principles and objectives of coaching. Explain the important techniques of Coaching in detail. 10
- Q.2. Write notes on: (5x2=10)
(a) Team System and Tactical Training
(b) Coordination among coach, doctor, psychologist and player.
- Q.3. Explain the Principles of load and adaptation and need and importance of Load. 10
- Q.4. Explain the Psychological and Physiological considerations of a Basketball Player. 10
- Q.5. Write notes on: (5x2=10)
(a) Fatigue, Recovery and super compensation
(b) Injuries and rehabilitation in Basketball
- Q.6. List down safety and preventive measures in Basketball. 10
- Q.7. Draw a Biomechanical Analysis of Set-shot in Basketball. 10
- Q.8. Prepare a Coaching Lesson Plan to teach any one advance skill of Offensive System in Basketball. 10