

Serial No. 1153(ix)

Roll No.....

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

**Paper: MPE-803 (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 on the various techniques of coaching in terms of individual & team. 10
- Q.2. Make a coaching lesson plan to teach any one skill/technique of field hockey. 10
- Q.3. Write a note on the defensive system of play in field hockey. 10
- Q.4. Discuss the Nutritional requirement of the Hockey Players. 10
- Q.5. Explain the bio-mechanical analysis of any one skill of field hockey. 10
- Q.6. Explain the following skills of Hockey: (5x2=10)
- (a) Process of Load & Adaptation
  - (b) Principles of load & Adaptation
- Q.7. Suggest preventive measure to avoid injuries in the game of field hockey. 10
- Q.8. Write short notes on any two from the following: (5x2=10)
- (a) Talent Identification to select winning combination
  - (b) Playing Ability in Field Hockey
  - (c) Over Load & its Management