

Serial No. 1153(xii)

Roll No.....

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

**Paper: MPE-803 (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. What is coaching? Discuss in detail the Principles of coaching. 10
- Q.2. Write an essay on short-term psychological preparation? 10
- Q.3. Write the biomechanical analysis of any one skill of your choice in detail. 10
- Q.4. Write short notes on the following: (5x2=10)
- (a) Ankle Sprain
  - (b) Overload and its management
- Q.5. Explain coaching steps for following skills: (5x2=10)
- (a) Pole Dive
  - (b) Pole Turn
- Q.6. Write an essay on safety measures in Kho-Kho. 10
- Q.7. Write short notes on any Two: (5x2=10)
- (a) Rehabilitation
  - (b) Fund Raising
  - (c) Writing Report
- Q.8. What is load and adaptation? Explain its Principles. 10