

Serial No. 1153(i)

Roll No.....

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

**Paper: MPE-803 (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 important Principles of Training and various training methods. 10
- Q.2. Explain the complete process of marking and calculation of standard athletics track in accordance of IAAF Rules including the calculations of straight distance, curve distance, marking radius, starting point/s of track races, staggers for 200M Run for all lanes etc. 10
- Q.3. Explain Physical, Physiological and sociological preparation of athletes related to different events in athletics. 10
- Q.4. Write an essay on 'Competition Planning'. 10
- Q.5. Prepare a model lesson plan on any one skill of any athletics' event. 10
- Q.6. Explain various Physical Fitness Tests. 10
- Q.7. Prepare a training schedule for various phases in a year for any one event of inter college/state level athlete. 10
- Q.8. Write on the following:- (5x2=10)
- (a) Technical Preparation
 - (b) Tactical Efficiency