

Serial No. 1153(xi)

Roll No.....

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

**Paper: MPE-803 (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. Define the term of "Coaching". Explain different objectives of coaching. 10
- Q.2. Write down the principles of Sports Training. How is it used to improve the performance of Kabaddi player? 10
- Q.3. For a Player "The Coach is an ideal teacher, friend, guide, philosopher and a doctor". Discuss the statement. 10
- Q.4. What are the common injuries that occur in Kabaddi ? Also discuss the process of their rehabilitation. 10
- Q.5. What is the meaning of overload. How load is used to improve strength in Kabaddi Players? 10
- Q.6. What do you mean by training plan ? Explain long and short term training plan in detail. 10
- Q.7. Write the term load and adaption. Explain its principles in detail. 10
- Q.8. Prepare a training schedule of two month (02) for preparing your college team for inter-college tournament. 10