

Serial No. 1153(xiv)

Roll No.....

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

**Paper: MPE-803 (xiv): Game of Specialization
Volleyball**

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. Prepare a coaching lesson plan of 50 minutes duration on the skill of under hand pass. 10
- Q.2. Explain the Techniques of Coaching in detail. 10
- Q.3. Explain the 5-1 offensive system of play with suitable illustrations. 10
- Q.4. Explain the mechanical analysis of spiking. 10
- Q.5. What is Over load? How will you manage overload? Explain. 10
- Q.6. Write a press report on the closing ceremony of an Inter-College Volleyball Tournament. 10
- Q.7. Explain the principles of load and adaptation. 10
- Q.8. Write short notes on any two of the following:- (5x2= 10)
- (a) Fatigue, Recovery & Super Compensation.
 - (b) Safety Measures
 - (c) Individual Tactics on Service