

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

**Paper: MPE-0701: Research Process and Statistical Techniques in Physical Education**

Time: 3 Hrs.

Maximum Marks:75

(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 meaning of Research. Describe the role of research in Physical Education & Sports. (15)

Q.2. What do you understand by Philosophical research? How philosophical research does helps to uplift the standard of Physical Education & Sports. (15)

Q.3 Describe the importance of Surveying Related Literature with major literature sources. (15)

Q.4 Write short notes on following: (7½ + 7½=15)

(a) Identification of research problem

(b) Deductive Reasoning

Q.5. Provide detailed classification of Statistics with their application in Physical Education and Sports. (15)

Q.6. What do you understand by Measure of Central Tendency? How does it help in research?

Calculate Mean from following data: (15)

| Class Interval | Frequency |
|----------------|-----------|
| 19.0 – 19.2    | 9         |
| 19.3 – 19.5    | 13        |
| 19.6 – 19.8    | 23        |
| 19.9 – 20.1    | 15        |
| 20.2 – 20.4    | 14        |
| 20.5 – 20.7    | 10        |
| 20.8 – 30.0    | 7         |

Q.7. When does Quartile Deviation used as Measure of Variability in research? Calculate Quartile Deviation from above given data. (15)

Q.8. Define Chi Square. Calculate Chi Square from following data: (15)

|    |    |    |    |
|----|----|----|----|
| 35 | 53 | 64 | 39 |
| 37 | 66 | 53 | 64 |
| 33 | 37 | 62 | 47 |

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

**Paper: MPE-0702: Scientific Basis of Sports Training & Talent Identification**

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. Describe the following: (5 x 2=10)

- i. Relationship of load & recovery
- ii. Interval & Repetition training method

Q.2 Discuss the causes and symptoms of overload in training. Also suggest means & methods to tackle overload. (10)

Q.3 Discuss the following: (5 x 2=10)

- i. Different types of speed & Training methods to develop them
- ii. Training methods to develop endurance

Q.4 Discuss training methods to develop different types of strength among athletes. (10)

Q.5 What is technical training? Discuss its implications in different phases of technical training. (10)

Q.6 Explain the process of Periodization in sports training. Discuss aim & content of each phase of Periodization in training. (10)

Q.7 Discuss the need & importance of Planning in Sports Training. Also discuss the principles effecting training planning. (10)

Q.8 Write briefly on any two of the following: (5x2=10)

- (i) Phases of talent Identification
- (ii) Principles of tactical preparation
- (iii) Preparation for competition

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Roll No.....

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

**Paper: MPE-0703 (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. Write history of Athletics with regard to Modern Olympic Games. (10)
- Q.2. Discuss about general rules of Athletics. (10)
- Q.3. Explain Physical and Physiological Characteristics of various natures of Athletes. (10)
- Q.4. Write an essay on safety measures. (10)
- Q.5. Explain Structure and organization of the Athletics meet. (10)
- Q.6. Write an essay on Sports Nutrition for various levels of Athletes. (10)
- Q.7. Prepare a plan for 400m standard athletics track with relevant calculations for track and staggers  
for 200m run and their marking procedure. (10)
- Q.8. Write on the followings. (5x2=10)
- (a) Structure and Function of AFL
- (b) Structure and Functions of IAAF

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Roll No.....

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

**Paper: MPE-0703 (iii): Game of Specialization**

**Badminton**

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.

- Q1. Describe various strategies applied in the 'Singles' game of Badminton. Show diagrams also. (10)
- Q2. Enlist various sports injuries in game of Badminton. Briefly explain the process of Management and rehabilitation of "tennis elbow". (10)
- Q3. Write short answers on the followings: (5+5=10)
- i. Duties of referees and judges
  - ii. Reflexes and Neuro-muscular Co-ordination
- Q4. Briefly discuss the functions of Badminton association of India (BAI)? (10)
- Q5. What do understand by "Nutrition Requirement". Discuss the importance of nutrition before, during and after a Badminton Competition. (10)
- Q6. What do you understand by strength Endurance? Explain its importance and methods of development of muscular strength in Badminton Players. (10)
- Q7. Describe the coaching stages of "Drop-Shot" in badminton. (10)
- Q8. Write short notes on the followings: (5+5=10)
- a) Planning for the competition
  - b) Draw a neat diagram of Badminton court with all specifications



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**MASTER OF PHYSICAL EDUCATION**  
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**Paper: MPE-0703 (iv): Game of Specialization**

**Basketball**

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.

- Q1. Elaborate upon the Modern trends and developments in Basketball. (10)
- Q2. Explain in detail the prerequisites of preparation and training. (10)
- Q3. Write notes on any two: (5+5=10)  
(a) Explain 2 drills each for skill development.  
(b) Development of any one Basketball specific fitness component  
(c) Specific training methods for different positions
- Q4. Explain short term and long term planning essentials for organization of a successful competition. (10)
- Q5. List down Basketball skill tests and explain any one in detail. (10)
- Q6. Write notes on any two: (5+5=10)  
(a) Selection of a team  
(b) Conduct of a camp  
(c) Organization and constitution of BFI
- Q7. Explain in detail: (5+5=10)  
(a) AAPHER Youth fitness test  
(b) Evaluation of team performance
- Q8. Explain the prerequisites for report writing and photography in Basketball. (10)

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**(M.P.Ed.) SEMESTER-I-2018**

**Paper: MPE-0703 (v): Game of Specialization**  
**Cricket**

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 Explain in detail Cover Drive in Cricket. (10)

Q.2. What is Physical Fitness. Explain the importance of Physical Fitness for Cricket Players. (10)

Q.3. Write down the Historical Development of Cricket at International level. (10)

Q.4 Write down in brief the latest rules in Cricket. (10)

Q.5 Write down any one Physical Fitness Test in Cricket. (10)

Q.6. Write down short notes on the following. (5x2=10)

(a) Hit Wicket

(b) Short Run

(c) No Ball

(d) Wide Ball

(e) L.B.W.

Q.7. Write down the different types of bowling in Cricket. Explain any one in detail. (10)

Q.8. Write down short notes on the following. (5x2=10)

(a) Importance of Protective Equipment in Cricket.

(b) Qualities of Good Captain

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

**Paper: MPE-0703 (vi): Game of Specialization**  
**Football**

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 the Historical development of Football in India. (10)
- Q.2 Write in detail the responsibilities of Officials in Football game. (10)
- Q.3 Explain the criteria of team Selection for participating in National Championship. (10)
- Q.4 Describe the pyramid system of play in Football? Explain its advantage and disadvantage. (10)
- Q.5 Write a short note on evaluation of team performance. (10)
- Q.6 Enlist down the Zones in Football? Explain any one in detail. (10)
- Q.7 Write short notes on any two from the following: (5+5=10)
- a) AAHPER youth fitness test
  - b) Indiana motor fitness test
  - c) Fleishman Physical fitness test
- Q.8 Write Short notes on any two of the following. (5+5=10)
- a) McDonald test
  - b) Mitchell- SAI
  - c) Duties and responsibilities of officials

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Roll No.....

**MASTER OF PHYSICAL EDUCATION**

**(M.P.Ed.) SEMESTER-I-2018**

**Paper: MPE-0703 (viii): Game of Specialization**

**Handball**

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. Write down the role and responsibilities of International Handball Federation. (10)

Q 2. Describe various offensive systems along with their advantages and disadvantages in the game. (10)

Q 3. . Write short notes on any two of the following:- (5+5=10)

- a) Functions of AHFI
- b) Lead-up games
- c) Duties of Refrees

Q 4. What do you understand by warming up and cooling down? Also discuss their importance for Handball players. (10)

Q 5. Write down the anthropometrical characteristics of a handball players along with their benefits in the game. (10)

Q6. Write various defensive systems along with their advantages and disadvantages in the game. (10)

Q7. What do you understand by the terms "fatigue", "recovery" and "super compensation" in sports training? Discuss in detail. (10)

Q8. Sketch a "Score Sheet" for a Handball Inter-college match. (10)



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Roll No.....

**MASTER OF PHYSICAL EDUCATION**

**(M.P.Ed.) SEMESTER-I-2018**

**Paper: MPE-0703 (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 modern trends in the field hockey with respect to rules, playing surfaces, player's equipment. (10)
- Q.2 Describe various organs of International Hockey Federation. Discuss functions of various organs. (10)
- Q.3 Enlist officials involved in conducting a Hockey match. Discuss duties & responsibilities of each official. (10)
- Q.4 Discuss any two drills each to improve attacking & defending abilities of the players in the game of field hockey. (10)
- Q.5 Discuss the physiological effects of Warming up & Cooling down on athletes in sports. (10)
- Q.6 Explain the following skills of Hockey: (5 x 2=10)  
(a) Straight Hit  
(b) Dribbling
- Q.7 Suggest training methods to develop speed among hockey players. (10)
- Q.8 Write briefly on any two of the following: (5x2)  
(a) Purpose of long & short term training plan  
(b) Shooting Circle  
(c) Award of Penalty Corner

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**MASTER OF PHYSICAL EDUCATION**

**(M.P.Ed.) SEMESTER-I-2018**

**Paper: MPE-0703 (x): Game of Specialization**

**Judo**

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 technique classification of judo. (10)
- Q.2. Write a note on origin, historical prospective, development and modern trends of Judo in India and world. (10)
- Q.3. Discuss on qualifications and responsibilities/functions of technical officials for judo competition. (10)
- Q.4. Explain the Physical, physiological and psychological preparation of Judo players. (10)
- Q.5. Write note on training of high performer of Judo. (10)
- Q.6. Write note on training for beginners of judo. (10)
- Q.7. Explain the Nutritional guidelines for Judokas at pre, during and post judo competition phases. (10)
- Q.8. Discuss on Energy requirement of Judo players. (10)

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**Paper: MPE-0703 (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. What is video analysis? How is it helpful to analyze skill & techniques of Sports Person? (10)
- Q.2. What are the modern trends & developments noticed in Kabaddi after the introduction of pro-Kabaddi ? (10)
- Q.3. Prepare a coaching lesson plan for Kabaddi Students. (10)
- Q.4. Enlist Kabaddi official and write their duties & responsibilities in the Kabaddi Match. (10)
- Q.5. What is tiebreak in Kabaddi? Enlist latest rules of Pro-Kabaddi and their interpretation in detail. (10)
- Q.6. What is warming up? Write down the principles of warming up and cooling down. (10)
- Q.7. What are the long term planning for organization of a Kabaddi Tournament? (10)
- Q.8. Discuss the performance of Kabaddi male team in the Asian Kabaddi Tournament. (10)

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Roll No.....

**MASTER OF PHYSICAL EDUCATION**

**(M.P.Ed.) SEMESTER-I-2018**

**Paper: MPE-0703 (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. Write the historical development of Volleyball at the world level. (10)
- Q.2. Explain the 5-1 Combination of play structure. (10)
- Q.3. Write down the duties and responsibilities of second referee. (10)
- Q.4. Write down the rules governing rotation and rotation fault. (10)
- Q.5. What is Speed ? Explain different forms of speed in detail. (10)
- Q.6. Explain "Overhead pass". Provide five drills to perfect the overhead pass of a player with the help of diagram. (10)
- Q.7. Write a report on the conduct of State Level Volleyball Tournament. (10)
- Q.8. Write short notes on any two of the following: (5x2=10)
- (a) Equipment in Volleyball.
  - (b) Libero Players
  - (c) Substitution & Time out rules



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Roll No.....

**MASTER OF PHYSICAL EDUCATION**

**(M.P.Ed.) SEMESTER-I-2018**

**Paper: MPE-0703 (xv): Game of Specialization**

**Yoga**

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 Yoga. Explain the scope of yoga in education and other fields in detail. (10)
- Q.2 Explain in detail the rules and regulations for national yoga championship (Boys&Girls).(10)
- Q.3 Describe the scoring system and judgment criteria in yoga competitions. (10)
- Q.4 Enlist the types of Asanas and explain any one in details. (10)
- Q.5 Describe the technique, benefits and Precaution of Sutra Neti. (10)
- Q.6 Explain in detail Kapal Bhati. (10)
- Q.7 write down the procedure for the following:- (5+5=10)
- a) Chakrasana
- b) Dhanurasana
- Q.8 Explain the role of nutrition in yoga and other sports. (10)

Serial No. 1254(i)

Roll No.....

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

**Paper: MPE-0704 (i): Subject Specialization**  
**Exercise Physiology**

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. Explain with the help of a neat labeled diagram the gross structure of skeletal muscle.(10)
- Q.2. Discuss in detail the effect of long term training on the cardiovascular system. (10)
- Q.3. What are the administrative guidelines for the testing situation? Explain. (10)
- Q.4. Define flexibility. Discuss the various methods to develop flexibility. (10)
- Q.5. Define health related fitness. Discuss the various components of health related fitness.(10)
- Q.6. Discuss the various metabolic adaptations to endurance training. (10)
- Q.7. Explain the sliding filament theory of muscular contraction. (10)
- Q.8.- Write short notes on any two of the following: (5x2=10)
- (a) Medical Screening
  - (b) Stop Test Indicators
  - (c) Vital Capacity

Serial No. 1254(ii)

Roll No.....

**MASTER OF PHYSICAL EDUCATION**

**(M.P.Ed.) SEMESTER-I-2018**

**Paper: MPE-0704 (ii): Subject Specialization**

**Sports Biomechanics**

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 speed, velocity, acceleration, uniform acceleration and momentum with suitable examples from physical education. (10)
- Q.2. Write a note on biomechanical instrumentations. (10)
- Q.3. Define friction and types of friction and explain their mechanical, advantages and disadvantages with special reference to physical education and sports applications. (10)
- Q.4. Explain the concept of buoyancy and flotation, resistive forces in swimming skill, propulsive forces in swimming skill as well as swimming speed and efficiency. (10)
- Q.5. State and discuss on the law of angular momentum, law of action and reaction as well as law of action and reaction (angular motion). (10)
- Q.6. Explain the concept related to controlling balance during movements in physical education activities. (10)
- Q.7. Write a note on structure of cyclic, acyclic motor action and combination of motor action with suitable examples. (10)
- Q.8. Write a note on applications of hydrodynamics in swimming. (10)

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Roll No. ....

**MASTER OF PHYSICAL EDUCATION**

**(M.P.Ed.) SEMESTER-I-2018**

**Paper: MPE-0704 (iii): Subject Specialization**

**Exercise & Sports Psychology**

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 sports psychology. Explain the role of sports psychology for sports competition. (10)

Q. 2. Define teaching-learning process. Explain social learning in detail. (10)

Q. 3. Enlist types of learning. Explain in detail any two of them. (10)

Q. 4. Define Growth and Development. Explain characteristics of later childhood in detail. (10)

Q. 5. Enlist types of motivation. Explain the impact of various motivations on competitive sports. (10)

Q. 6. Explain in detail the concept of perceived competence achievement sports. (10)

Q. 7. Write an essay on 'cognitive process of senses and sports performance. (10)

Q. 8. Write short notes on *any two* of the following: (5+5=10)

(a) Mental action regulation

(b) Characteristics of adulthood

(c) Observational learning method



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

**Paper: MPE-0704 (iv): Subject Specialization**

**Professional Preparation & Curriculum Design**

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. Explain Post-independence perspectives of Professional Preparation in Physical Education and Sports in India. (10)
- Q. 2. Discuss about roles and responsibilities of central government in the implementation of policies on Education and physical Education. (10)
- Q. 3. Describe the concept and meaning of 'Profession', Professional and 'Professionalism' with an example of Physical Education and Sports. (10)
- Q. 4. Discuss about various career avenues after under-graduate, post-graduate and research degrees in Physical Education and Sports. (10)
- Q.5. Explain about various courses available in Physical Education and Sports. (10)
- Q. 6. Write on the followings in respect to planning for a career. (5x2=10)
- (a) Self- Assessment
  - (b) Decision Making
- Q. 7. Describe the role of Physical Education Teacher and Institutes in Professional Preparation Programme. (10)
- Q. 8. Write on the Followings: (5x2=10)
- (a) Teaching Practice
  - (b) Non Curricular Preparation

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

**Paper: MPE-0704 (v):,Subject Specialization**

**Sports Sociology**

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. Write in detail the meaning and concept of Sociology and Sports Sociology. (10)

Q.2. Write down the professionalism versus amateurism in Sports. (10)

Q.3. What do you think about commercialization of Sports ? (10)

Q.4. Write your viewpoints in reference of Sports on Capitalist and Socialist theory. (10)

Q.5. Write in detail research techniques in Social Sciences. (10)

Q.6. What is conflict theory in relation of Sports ? Discuss in detail. (10)

Q.7. Compare ancient and modern sports in detail. (10)

Q.8. What do you mean by Structuralism and Functionalism theories in relation to Sports ?

'Discuss in detail. (10)

Serial No. 1254(vi)

Roll No.....

**MASTER OF PHYSICAL EDUCATION**

**(M.P.Ed.) SEMESTER-I-2018**

**Paper: MPE-0704 (vi): Subject Specialization**

**Sports Management**

Time: 3 Hrs.

Maximum Marks: 75

(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 do you understand by Sports Management? Describe its nature and scope in sports. (10)
- Q.2. Write down the significance of sports management in present day world? Discuss the International perspectives of sports management. (10)
- Q.3. Write down the role and responsibilities of sports medicine management team in schools and colleges. Discuss in detail. (10)
- Q.4. Write short notes on any two of the followings: (5X2=10)
- a. Career avenues
  - b. Guiding principles of sports management
  - c. Role of sports administrators in managing sports events
- Q.5. Explain the aims and objectives of Sports Management. Write down various steps involved in Planning. (10)
- Q.6. What is Leadership? Discuss the importance of Leadership in Sports Management. (10)
- Q.7. Define Planning? Explain the principles of planning involved in Sports Management? (10)
- Q.8. Discuss the role of press and media in promotion of sports in India and at World level. (10)