

Serial No. 1151

MPEd. I yr.

Roll No.....

D Sem May, 2018

MASTER OF PHYSICAL EDUCATION

(M.P.Ed.) SEMESTER-II-2018

Paper: MPE-801: 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. Calculator without scientific configuration only allowed.

Q. 1. What is an Experimental Design? Explain any four experimental design with suitable examples. 15

Q.2. Explain the threats to Internal Validity in detail. 15

Q.3. Explain various types of psychological research studies and research in exercise and sports Physiology in detail. 15

Q.4. What is a Normal Curve? Explain the principles of normal curve. 15

Q.5. A Physical Educator Teaching exercise classes for adult women wishes to determine whether individual in the class who have been consistently involved in vigorous physical activity over many years differ in their percent body fat from a group of women who have been sedentary. Use Independent 't' Test to determine the significant difference [ Tab t.05 (9) = 2.10] 15

S.No.	Percent Body Fat Sedentary	Percent Body Fat Active
1.	28	15
2.	32	20
3.	40	10
4.	35	23
5.	18	09
6.	25	17
7.	33	12
8.	30	16
9.	37	15
10.	28	21

Q.6. Following are the scores obtained in English and Psychology by the 10 randomly chosen students of a college. Compute correlation coefficient and infer your result. 15

English Score(X) :	20	16	18	12	14	8	11	10	9	13
Psychology Score (Y):	22	12	11	10	16	5	12	15	11	12



Q.7. Following are the number of Baskets scored in a basketball set shot test by the subjects of different levels of achievement. Apply appropriate statistics to find out if there is any significant difference among the three groups (Tabulated value of F at 0.05 level (2, 27) = 3.35) and infer your result. 15

College Level :	2	5	4	5	3	4	1	3	0
State Level :	3	4	2	5	6	4	5	7	2
National Level :	4	6	5	7	8	5	3	5	6

Q.8. Write short notes on any two of the following: (7.5x2=15)

- (a) Threats to external validity
- (b) Use of Illustrative material
- (c) Organization of thesis Report.



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

**Paper: MPE-802: Education Technology and Pedagogy 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. Explain about effective teaching and teacher's responsibilities. 15

Q.2. Discuss the structure and stages of lesson plan. Prepare one model lesson plan on any one skill of your choice. 15

Q.3. Write an essay on developmental curriculum along with physical education contents with an example of Bachelor Degree in Physical Education. 15

Q.4. Write an essay on the 'Significance of Technology in Physical Education and Sports. 15

Q.5. Explain 'Movement Skill Development' with all its types and their relevant examples. 15

Q.6. Write short note on any two of the following:- (7.5x2=15)

(a) Techniques of Presentation

(b) Class Management

(c) Image Analysis

Q.7. Write an essay on use of ICT in Physical Education. 15

Q.8. Write short note on any two of the following:- (7.5x2=15)

(a) Power Point Presentation

(b) Finding Material and Trapping Resources

(c) Developmental Curriculum



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



Serial No. 1153(iii)

Roll No.....

**MASTER OF PHYSICAL EDUCATION**

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

**Paper: MPE-803 (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.

- |  |          |
|--|----------|
| Q.1. What are various principles of load?  | 10       |
| Q.2. What are the physiological and psychological considerations in Badminton?   | 10       |
| Q.3. What is the cyclic process of Training?   | 10       |
| Q.4. Explain any one badminton skill test in detail?   | 10       |
| Q.5. Prepare a teaching lesson plan of any Badminton skill of your choice ?  | 10       |
| Q.6. Write short note on any two of the following:-<br>(a) Strength Endurance<br>(b) Shuttle Run<br>(c) Tactics<br>(d) Coaching Aids | (5x2=10) |
| Q.7. What are the stages of teaching and coaching of any skill ?   | 10       |
| Q.8. What are the motor components related to Badminton? Explain ?   | 10       |



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

**Paper: MPE-803 (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.

- Q.1. Explain the principles and objectives of coaching. Explain the important techniques of Coaching in detail. 10
- Q.2. Write notes on: (5x2=10)  
(a) Team System and Tactical Training  
(b) Coordination among coach, doctor, psychologist and player.
- Q.3. Explain the Principles of load and adaptation and need and importance of Load. 10
- Q.4. Explain the Psychological and Physiological considerations of a Basketball Player. 10
- Q.5. Write notes on: (5x2=10)  
(a) Fatigue, Recovery and super compensation  
(b) Injuries and rehabilitation in Basketball
- Q.6. List down safety and preventive measures in Basketball. 10
- Q.7. Draw a Biomechanical Analysis of Set-shot in Basketball. 10
- Q.8. Prepare a Coaching Lesson Plan to teach any one advance skill of Offensive System in Basketball. 10



Serial No. 1153(v)

Roll No.....

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

**Paper: MPE-803 (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. What do you understand by diet and nutrition? Write down the importance of diet and nutrition for cricket players. 10
- Q.2. Explain the safety measures and their importance in Cricket. 10
- Q.3. Prepare a one year coaching schedule for national level Cricket Team. 10
- Q.4. Describe the Mechanical analysis of any one skill in Cricket. 10
- Q.5. Write short note on any two of the following:- (5x2=10)
- (a) Coaching Lesson Plan
  - (b) Offensive Play in Cricket
  - (c) Importance of good Equipments in Cricket.
- Q.6. What is Load? Explain overload in detail 10
- Q.7. Explain the role of print and electronic media in promoting Cricket. 10
- Q.8. Write down in detail the importance of sports psychology in preparing Cricket Players. 10



Serial No. 1153(vi)

Roll No.....

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

**Paper: MPE-803 (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. Writing in detail the criteria of selection of players for University Soccer team that is going to take part in All India Intervarsity Tournament. 10
- Q.2. Explain the preparation of Psychological qualities of a soccer player for higher performance. 10
- Q.3. Write in detail the defensive tactics in various stages of the game. 10
- Q.4. List down the common soccer injuries. Explain the rehabilitation of any two. 10
- Q.5. Write the importance of considering anthropometric and physiological aspects of a soccer player with reference to total football concept for higher performance. 10
- Q.6. What is diet? Prepare a diet chart for college level players. 10
- Q.7. Write short notes on any two from the following: (5x2=10)
- (a) Pep Talks
  - (b) Super-Compensation
  - (c) Sponsor Identification
  - (d) Tactical Training
  - (e) Overload and Fatigue
- Q.8. Write short notes on any two from the following: (5x2=10)
- (a) Risk Management
  - (b) Marketing Strategies
  - (c) Psychological qualities of football player



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

**Paper: MPE-803 (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. What do you understand by Techniques of Coaching ? Differentiate between group coaching and Individual Coaching? 10
- Q.2. Briefly discuss the psychological qualities of a Handball Player? 10
- Q.3. Define "Defense System". Explain any one defensive system of play used in handball game? 10
- Q.4. Explain the role of Management and Marketing in the field of physical education and sports sciences ? 10
- Q.5. Write short notes on any two from the following: (5x2=10)
- (a) Fatigue and Recovery
  - (b) Ankle Sprain
  - (c) Rehabilitation
- Q.6. What are the physiological and anthropometrical considerations for the team selectors to select the handball players? 10
- Q.7. What is overload? Explain the symptoms of overload & suggest its management. 10
- Q.8. Write short notes on any two from the following: (5x2=10)
- (a) Risk Management
  - (b) Nutritional Requirement of Handball Player
  - (c) Role of Media for the promotion of Handball Game



Serial No. 1153(ix)

Roll No.....

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

**Paper: MPE-803 (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 on the various techniques of coaching in terms of individual & team. 10

Q.2. Make a coaching lesson plan to teach any one skill/technique of field hockey. 10

Q.3. Write a note on the defensive system of play in field hockey. 10

Q.4. Discuss the Nutritional requirement of the Hockey Players. 10

Q.5. Explain the bio-mechanical analysis of any one skill of field hockey. 10

Q.6. Explain the following skills of Hockey: (5x2=10)

(a) Process of Load & Adaptation

(b) Principles of load & Adaptation

Q.7. Suggest preventive measure to avoid injuries in the game of field hockey. 10

Q.8. Write short notes on any two from the following: (5x2=10)

(a) Talent Identification to select winning combination

(b) Playing Ability in Field Hockey

(c) Over Load & its Management



Serial No. 1153(x)

Roll No.....

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

**Paper: MPE-803 (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. Explain the Principles of training load and various training methods applicable to Judo. 10
- Q.2. Write on the main causes, symptoms and management of overload. 10
- Q.3. Give an outline of selected scientific research reviews on Judo. 10
- Q.4. Discuss with examples about long term and short term planning for Judo Performance. 10
- Q.5. Write a note on tactical efficiency for Judo performance. 10
- Q.6. Prepare a training schedule for Judo Players for competition session. 10
- Q.7. Prepare a teaching lesson-plan for Judo class. 10
- Q.8. Write an essay on means, methods and process of Classroom teaching. 10



Serial No. 1153(xi)

Roll No.....

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

**Paper: MPE-803 (xi): Game of Specialization**

**Kabaddi**

Maximum Marks: 50

Time: 3 Hrs.

(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



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



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



Serial No. 1153(xv)

Roll No.....

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

**Paper: MPE-803 (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. Explain Ashtang yoga in detail. 10
- Q.2. Enlist types of yoga and explain Bhakti Yoga in detail. 10
- Q.3. What is Yoga? Explain Relationship between Yoga and Research. 10
- Q.4. Enlist meditative techniques and explain any one of them in detail. 10
- Q.5. Write short notes on any two:- (5x2=10)
- (a) Meditative Asanas
  - (b) Jala Nete
  - (c) Bandhas
- Q.6. Write the meaning of Teaching Aids and also explain their importance in Yoga Education. 10
- Q.7. Prepare a lesson plan on any two Asanas for 8<sup>th</sup> Standard. 10
- Q.8. Define Pranayam and explain any one Pranayam in detail. 10



Serial No. 1154(i)

Roll No.....

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

**Paper: MPE-804 (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. Discuss the physiological response to exercise in the Hot Environment.                     | 10       |
| Q.2. Explain the female athlete triad in detail.  | 10       |
| Q.3. Explain the Healthy weight loss in detail.   | 10       |
| Q.4. What is the role of physical activity and exercise in achieving physical fitness & health. | 10       |
| Q.5. Discuss the principles of strength training.   | 10       |
| Q.6. What are the benefits and draw backs of grip dynamometer test.                             | 10       |
| Q.7. What can you do to improve the flexibility of the individual.                              | 10       |
| Q.8. Write short notes on any two of the following:   | (5x2=10) |
| (a) Core Strength Training  |          |
| (b) Sports Performance  |          |
| (c) Diet Monitoring   |          |



Serial No. 1154(ii)

Roll No.....

**MASTER OF PHYSICAL EDUCATION**

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

**Paper: MPE-804 (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. Write on Kinanthropometric characteristics effecting the mechanics of human movement (taking one Game/Sport as example of your choice). 10
- Q.2. Discuss on Biomechanics of the Musculoskeletal system emphasizing on:- 10
- (a) Lever like arrangements
  - (b) Wheel and axle like arrangements
  - (c) Pulley like arrangement and
  - (d) General consideration of muscular skeletal machines.
- Q.3. Explain the concept related to Linear movement responses to Applied forces emphasizing on:- 10
- (a) Linear Speed and Velocity
  - (b) Linear Acceleration
  - (c) The relationship of Force, Mass and Linear acceleration
  - (d) Centripetal Force and Radial acceleration.
- Q.4. Write a note on Rotatory movement response to applied Torques emphasizing on : 10
- (a) Angular speed and velocity
  - (b) Linear velocity of a point on a rotating body.
  - (c) Angular Acceleration.
  - (d) The relationship of torque, rotational inertia and angular acceleration.
- Q.5. Give an analysis of activities in which the body rotate free of support emphasizing on any Two:- 10
- (a) The human body in rotatory motion
  - (b) Initialing rotations and
  - (c) Analysis of rotations while airborne.
- Q.6. Give performance analysis of push like movements. 10
- Q.7. Define the any four from the following: 10
- (a) Kinesiological Analysis
  - (b) Mechanical Analysis
  - (c) Biomechanical Analysis
  - (d) Quantitative analysis and
  - (e) Qualitative analysis
- Q.8. Analyse Biomechanically any one technique from a Sport/Game of your choice. 10



Serial No. 1154(iii)

Roll No.....

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

**Paper: MPE-804 (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 & discuss the concept of personality. Also discuss on personality traits of elite athletes. 10
- Q.2. Discuss the following theories of personality: (5x2=10)  
(a) Trait or Psycho-analysis  
(b) Social Learning of Humanistic theory
- Q.3. Discuss neuro-physiological basis of anxiety & arousal. 10
- Q.4. Discuss the following theories of anxiety & arousal: (5x2=10)  
(a) Inverted U or Apter's Reversal Theory  
(b) Drive or Fazy & Hardy's Catastrophe
- Q.5. Write short notes on the following: (5x2=10)  
(a) Attention & Concentration  
(b) Mental Imagery
- Q.6. Discuss the concept & theories of affiliation. 10
- Q.7. What is mental Health? Discuss principles of mental health. 10
- Q.8. Write short notes on any two of the following: (5x2=10)  
(a) Concept of self-esteem, self-concept & self-efficacy  
(b) Concept of counseling  
(c) Individual differences in aggression  
(d) Effect of anxiety & arousal on performance



Serial No. 1154(iv)

Roll No.....

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

**Paper: MPE-804 (iv): Subject Specialization**  
**Professional Preparation & Curriculum Design**

Maximum Marks: 50

Time: 3 Hrs.

(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 about Hierarchy of Sports Organization and functions of sports bodies. 10
- Q.2. Explain in detail the importance of Poster Presentation in an International Conference. 10
- Q.3. Describe the process of writing and presentation of research paper. 10
- Q.4. In conducting a scientific session explain the role of chairpersons, co-chairpersons in the national conference. 10
- Q.5. Discuss principles influencing physical education teaching. 10
- Q.6. Write short notes on any two of the following: (5x2=10)
- (a) Command Style
  - (b) Demonstration Method
  - (c) Problem solving method
- Q.7. Write an essay on Developing Departmental Policies. 10
- Q.8. Differentiate among the conference, seminars and workshops? 10



Serial No. 1154(v)

Roll No.....

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

**Paper: MPE-804 (v): Subject Specialization**  
**Sports Sociology**

Maximum Marks: 50

Time: 3 Hrs.

(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 Society? Explain the Sports in Modern Society in detail.                 | 10 |
| Q.2. What do you mean by sports culture? Write various components of sports culture.  | 10 |
| Q.3. What is sponsorship? How it plays an important role in Sports ?                  | 10 |
| Q.4. Explain "Amateurism" and "Professionalism" in Sports.                            | 10 |
| Q.5. Write down the meaning of social stratification. How gender affects the sports ? | 10 |
| Q.6. What do you mean by sports as business? Write in detail.                         | 10 |
| Q.7. "Politics in Sports" Write in detail.  | 10 |
| Q.8. What is sports mobility? Describe its types in detail?                           | 10 |



Serial No. 1154(vi)

Roll No.....

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

**Paper: MPE-804 (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. Discuss the role of various tools of communication in the development of sports management. 15

Q.2. Write short notes on any two of the followings: (7.5x2=15)

- (a) Qualities of good sports leader
- (b) Recruitment resources
- (c) Maintenance of motivation

Q.3. Discuss various staff development programs used by the employer for the in-service employers. 15

Q.4. Define "Leadership" and explain its changing concept in the field of physical education and sports ? 15

Q.5. Discuss the various types and channels of communication used in sports management? 15

Q.6. What do you understand by the term Motivation and explain the need of motivation for the employees ? 15

Q.7. What is personnel management? Explain various recruitment methods used by the employer in an organization. 15

Q.8. Explain the concept of Human Resource. Discuss the role of public relation in an organization ? 15



Serial No. 1155

Roll No.....

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

**Paper: MPE-1101: Add-On Courses**  
**Sports Nutrition and Exercise Prescription**

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. Briefly write about the following: (7.5x2=15)  
(a) Female athlete Traid  
(b) Carbohydrate Loading
- Q.2. Explain in detail the dietary and nutritional considerations for strength sports. 15
- Q.3. Explain the components of a comprehensive health evaluation prior to beginning any exercise programme. 15
- Q.4. Explain in detail the health benefits of physical fitness programme. 15
- Q.5. Write an essay on nutritional ergogenic aids. 15
- Q.6. What are the advantages and disadvantages of using free weights and machines for strength training purpose ? 15
- Q.7. Briefly write about all skill related components of physical fitness. 15
- Q.8. Describe the following exercise stages for prescription progression. (7.5x2=15)  
(a) Initial Conditioning Stage  
(b) Improvement Stage



Serial No. 1156

Roll No.....

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

**Paper: MPE-1103: Add-On Courses**

**Gym. Operation**

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 balance diet? Explain ? 10

Q.2. What are the various forms of aerobics ? 10

Q.3. What are the qualities and qualifications of gym instructor ? 10

Q.4. How to evaluate Flexibility ? 10

Q.5. Explain Surya Namaskar ? 10

Q.6. What are the methods of measurement and management of Obesity ? 10

Q.7. How to establish a gym? 10

Q.8. Write a short note on any two from the following: (5x2=10)

(a) Anorexia Nervosa

(b) Gym Equipment

(c) BMI

(d) Harvard Step Test





Serial No. 1157

Roll No.....

## MASTER OF PHYSICAL EDUCATION

(M.P.Ed.) SEMESTER-II-2018

Paper: MPE-1104: Add-On Courses

### Computer Applications in Physical Education & Sports

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. Write a note on statistical Applications using SPSS (Computer Aided Analysis). 15
- Q.2. Define MS Word. Discuss the operations performed in MS Word. 15
- Q.3. Write short note on Statistical Functions in MS Excel and Multimedia. 15
- Q.4. Write a short note on any THREE from the following: (5x3=15)  
(a) Graphs  
(b) Charts  
(c) Pictures  
(d) Hyper Linking in MS Excel
- Q.5. Write a short note on any FIVE from the following: (3x5=15)  
(a) Animations  
(b) Slide Show and Slide Layouts  
(c) Graphs  
(d) Background  
(e) Charts  
(f) Bullets and Numbering in MS Power Point
- Q.6. Write short note on Adobe Photoshop. Discuss in detail about Photoshop tools. 15
- Q.7. Write different components of IT and the role of IT in different sectors. 15
- Q.8. Discuss the applications of computer in Physical Education and Sports. 15



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

**Paper: MPE-1110: Add-On Courses**

**Study of Olympics**

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. Explain the historical aspect of Ancient Olympics games.  | 15         |
| Q.2. Write an essay on 'Olympism Movement'.  | 15         |
| Q.3. Write a note on women and Olympics games.   | 15         |
| Q.4. Explain in detail the concept of Olympics Solidarity.   | 15         |
| Q.5. Write an essay on 'Universality of Sports'.   | 15         |
| Q.6. Explain in detail the concept of 'Sports for All by IOC.  | 15         |
| Q.7. Explain in detail the role of drugs abuse in Olympics Competitive sports.   | 15         |
| Q.8. Write short notes on any two of the following:-   | (7.5x2=15) |
| <ul style="list-style-type: none"><li>(a) Olympics Solidarity.</li><li>(b) Youth Olympics Games</li><li>(c) Olympiad</li><li>(d) Olympics Museum</li></ul> |            |



Serial No. 1159

Roll No.....

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

**Paper: MPE-1111: Add-On Courses**

**Advance Fitness Assessment & Exercise Prescription**

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 the term Physical Activity? Discuss the association between physical activity and health. 15
- Q.2. Define Physical Fitness. Discuss in detail the various components of health related fitness. 15
- Q.3. What are the various administrative suggestions for cardiorespiratory fitness assessment. Explain. 15
- Q.4. Discuss the exercise guidelines for the expectant mother. 15
- Q.5. Write down the procedure for measuring the resting heart rate. 15
- Q.6. Write a detailed note on behavior modification. 15