

Serial No. 3151

M.P.Ed. Ind. Jt.

Sem. IV May, 2018

Roll No.....

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

Paper: MPE-1001: Fundamentals of 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. Discuss the importance of sports sociology in relation to sports system. 10
- Q.2. 'Sports Fulfill Functional needs of Society' Explain. 10
- Q.3. Compare the sports between feudal and modern society. 10
- Q.4. What is Culture? Explain cultural symbols in sports. 10
- Q.5. Elaborate the involvement of classes in playing the sports. 10
- Q.6. Discuss the role of primary socialization in developing the sports skills. 10
- Q.7. What is gender? Discuss the causes of discrimination faced by women athlete. 10
- Q.8. Write short notes any two of the following:-
- (a) Social mobility in Sports.
 - (b) Aggression in Sports.
 - (c) Qualitative research in Sports.

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

Paper: MPE-1002: Fundamentals of 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. Explain in detail the importance of Sports Psychology for a Physical Education Teacher. 10
- Q. 2. Briefly explain various factors affecting perception. 10
- Q. 3. Write short note on the following: (5x2=10)
- (a) Motor Development in Infant
 - (b) Motor Learning
- Q. 4. Briefly explain humanistic theory of personality. 10
- Q. 5. Write about electrophysiological indicators of arousal. 10
- Q.6. Explain Maslow's Theory of need. 10
- Q.7. Briefly Explain short term psychological preparation. 10
- Q. 8. Write short notes on any two of the following: (5x2=10)
- (a) Attention
 - (b) Psychoregulative Technique
 - (c) Confidence

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

Paper: MPE-1003: Fundamentals of Sports Management and Administration

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 the concept of sports management and administration. Explain the profile of successful manager. 15
- Q.2. Explain different sources of fund raising in Sports. 15
- Q.3. Define the term Volunteer Management. What is its type? Discuss the process of recruitment, selection and training of volunteers for an event. 15
- Q.4 Write notes on the following: 15
- (a) Schedules
 - (b) Ceremonies
 - (c) Formation of committees for an event
- Q.5. Define the term office. What are office elements? Explain the functions of office management 15
- Q.6. Write the meaning of meeting. How meeting is organize? Write the advantages and disadvantages of meeting. 15
- Q.7. Why do we need facility? Write the factors that affect planning facility for sports and activity based program. Briefly explain criteria for planning sports facility. 15
- Q.8. Discuss various source of fund raising to be initiated for sports. 15

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

Paper: MPE-1004(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. Write down the procedure for measuring cardiorespiratory fitness through any one field test of your choice. 10
- Q.2. How will you measure the upper and lower body strength of the older population. Explain the procedure. 10
- Q.3. Explain the protocols for the assessment of anthropometric measures. 10
- Q.4. A Subject is running on a treadmill at 4% grade and at a speed of 130m/min. Determine his total VO_2 and MET_s . 10
- Q.5. A subject is stepping at 30 steps/min on a step 46 m high. Find his total VO_2 and MET_s . 10
- Q.6. A cyclist ended his C X T on a bicycle ergometer at 6 min. When the test was stopped the cyclists HR was 150b/min and his R- VO_2 diff was 17ml/100ml blood. Find his stroke volume. 10
- Q.7. A subject is walking on a level treadmill at 3 mph. Find the total VO_2 and MET_s . 10
- Q.8. Write short notes on any two of the following. (5X2=10)
- (a) Double product
 - (b) Mean arterial pressure
 - (c) Maximal Oxygen Consumption
 - (d) A- VO_2 Diff.

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

Paper: MPE-1004(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 a note on Mechanical Energy, Work and Efficiency Emphasizing on: (2.5X4=10)

- (a) Definition and Standard Unit
- (b) Limitations
- (c) Purpose for Measuring
- (d) Potential Uses for measurement of movement patterns.

Q.2. Discuss on Cinematography and Computerized Video Analysis emphasizing on the following: 10

3-D Cinematography (Equipment Specifications, Calibration and Expected Reliability, other Consideration).

Q.3. Explain Recommended procedure for Direct Measurement Techniques emphasizing on the following:- 10

Acclerometry (Equipment Specifications, Calibration Procedures and Expected Reliability)

Q.4. Explain Recommended procedures related to Force Transducers emphasizing on the following:- 10

Pressure Platforms (Design, Basic Consideration in Design and Utilization, Procedures and Expected Reliability).

Q.5. Write on the following with examples:- 10

Body Segment and Total Body Energies and Mechanical Work and Output. (Equipment Specifications)

Q.6. Give an introduction to isokinetic Measurement. 10

Q.7. Give an introduction to Measurement and Applications in Gait Analysis. 10

Q.8. Write an essay on Policy Statement regarding the use of human subject and informed consent. 10

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

**Paper: MPE-1004(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. When are psych-up strategies effective? Explain about psych-up strategies. 10
- Q.2. Write a short note on any two: (5X2=10)
- (a) Psychological skill training
 - (b) Progressive relaxation techniques
 - (c) Meditation
- Q.3. Name & describe three cognitive intervention programs that utilize both imagery and relaxation. 10
- Q.4. Explain the strategies to be used to increase the self-confidence in athletes. 10
- Q.5. What is Eustress? Explain various strategies to handle stress. 10
- Q.6. Explain different types of goal. Which types of goal are preferred most for enhancing performance. Give example of each goal. 10
- Q.7. Briefly explain the relaxation procedures which are used to regulate arousal. 10
- Q.8. Explain the methods to develop self-confidence in athletes. 10

Serial No. 3154(v)

Roll No.....

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

**Paper: MPE-1004(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. Describe the challenges in combining the sports with religion. 10
- Q.2. Enumerate the methods and procedure of field research. 10
- Q.3. Explain the sports as social and cultural phenomenon. 10
- Q.4. Discuss the role of television in popularizing the sports. 10
- Q.5. Write down the impact of commercialization in growth of modern sports. 10
- Q.6. Describe the status of sports in present globalization process. 10
- Q.7. Discuss the sports as priority in making of national policy. 10
- Q.8. Write short notes any two of the following:- (5X2= 10)
- (a) Club culture.
 - (b) Ethics in Journalism
 - (c) Mass Communication.

Serial No. 3154(vi)

Roll No.....

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

**Paper: MPE-1004(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 Event Management'? Explain various types of sports events and its allied services. 15
- Q.2. Discuss about facilities management. Explain various types of facilities for sports & fitness activities with its rational needs. 15
- Q.3. Explain the term 'Volunteerism'. Explain various types of volunteers and their training and maintenance procedure. 15
- Q.4. Discuss about various type of 'Official Correspondence' with an example for each type separately. 15
- Q.5. What do you understand by 'Event and Services Management'? Explain preparation for conduct of Sports event by providing significant services. 15
- Q.6. Write on the followings: (7.5X2= 15)
- (a) Insurance
 - (b) Functions of Office
- Q.7. Discuss about organizational structure of any national/international level sports event. 15
- Q.8. Write short notes on the followings (Any two): (7.5X2= 15)
- (a) Ceremonies of Sports Events
 - (b) Bidding Process
 - (c) Protocol

MASTER OF PHYSICAL EDUCATION
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Paper: MPE-1005: Measurement and Evaluation in Physical Education

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 scope of Test, Measurement & Evaluation in the field of Physical Education & Sports in detail. 10
- Q.2.Explain in detail the need of Test, Measurement and Evaluation in the field of Physical Education & Sports. 10
- Q.3.Explain in detail how will you select a good test in the field of Physical Education & Sports. 10
- Q.4.Explain in detail Barrow motor ability Test with diagram. 10
- Q.5.Explain in detail Johnson Basketball Skill Test with Diagrams. 10
- Q.6.Explain Mc Pharson Badminton skill Test with diagrams. 10
- Q.7. Define Balance and also write down its types and explain in detail any two Balance Tests with diagrams. 10
- Q.8. Write short notes on the followings (Any two): (5X2= 10)
- (a) Test Administration
 - (b) Evaluation
 - (c) Harvard Step Test

MASTER OF PHYSICAL EDUCATION
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Paper: MPE-1006(ii): Optional Group-III

Fitness & Wellness

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 concept of fitness & wellness. Also describe the components of wellness. 10
- Q.2. Discuss the significance of fitness & wellness in present day scenario. 10
- Q.3. Explain health related & skill related fitness components briefly. 10
- Q.4. Discuss the knowledge of nutrition & its implication on healthy lifestyle. 10
- Q.5. Explain the Following: (5X2= 10)
- (a) Causes & Prevention of obesity
 - (b) Role of Diet & Exercise in maintenance of ideal weight
- Q.6. Discuss the stages & process of behavior modification in detail. 10
- Q.7. Discuss important principles to achieve quality of life & wellness. 10
- Q.8. Write short notes on the followings (Any two): (5X2= 10)
- (a) Prevention of Cardio-Vascular Diseases through Physical Activity
 - (b) Hazards of Substance abuse
 - (c) Smart Goal setting
 - (d) Identifying stressors & their management

Serial No. 3156(vi)

Roll No.....

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

**Paper: MPE-1006(vi): Optional Group-III
Sports, Physical Activity and Nutrition**

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 meaning of sports. What is the importance of sports for children? 10
- Q.2.Classify Physical Activity. Enumerate steps in exercise prescription. 10
- Q.3.Explain benefits of exercise in obesity and hypertension. 10
- Q.4.Define Nutrition and Sports Nutrition. What are the general nutritional guidelines that should be followed for healthy life. 10
- Q.5.Briefly write about the health problems associated with junk and fast food. What is the importance of healthy eating habits. 10
- Q.6.Explain the meaning of sports. What is the importance of sports for children? 10
- Q.7.Explain the role of exercise in weight management? 10
- Q.8. Write short notes on the followings (Any two): (5X2= 10)
- (a) Vegetarian Diets
 - (b) Healthy Lifestyle
 - (c) Food Hygiene