

Serial No. 2050

M.P.Ed.

1st Semester  
2019

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER-I - 2019  
Paper: MPE-0701**

**(Research Process and Statistical Techniques in Physical Education)**

Time: 3 Hours.

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 questions carry equal marks.**

1. What is the meaning of Research? How research can improve the field of Physical Education & Sports. (5+10)
2. Define Philosophical research? What is the role of Philosophical research in Physical Education & Sports. (5+10)
3. What is the Importance of Surveying Related Literature in Research? Explain in details various literature sources. (7 ½ + 7 ½)
4. Write short notes on following: (7 ½ + 7 ½)  
a) Synopsis  
b) Criteria in selecting a research problem
5. Classify statistics with their implementation in Physical Education and sports. (15)

6. What do you do understand by Measure of Variability? (3+12)

Calculate P 67 from following data;

Class Interval	Frequency
38.3-38.7	9
38.8-39.2	11
39.3-39.7	12
40.8-40.2	19
40.3-40.7	13
40.8-41.2	19
41.3-41.7	24
41.8-42.2	21
42.3-42.7	17
42.8-43.2	14
43.3-43.8	7

7. Calculate Quartile Deviation from above given data. (15)

8. Calculate Chi Square from following data. (15)

29	39	51	53
48	34	49	40
54	41	51	54
61	45	34	45

**MASTER OF PHYSICAL EDUCATION**  
**(M.P.Ed.) SEMESTER- I - 2019**  
**Paper: MPE-0702**  
**(Scientific Basis of Sports Training & Talent Identification)**

Time: 3 Hours.

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 questions carry equal marks.**

1. Describe the following: (5×2=10)
  - i) Principles of Sports Training
  - ii) Interval, Continuous & Repetition training methods
2. Discuss the causes and symptoms of overload in training. Discuss (10)  
methods /means to tackle overload.
3. Discuss the following : (5×2=10)
  - i) Types of speed abilities
  - ii) Training methods to develop flexibility
4. Discuss training methods to develop different types of strength among (10)  
athletes.
5. What is technical training? Discuss its implications in different phases (10)  
of technical training.
6. Discuss the importance & content of each phase of Periodisation in (10)  
training.
7. Suggest training methods to develop muscular endurance among (10)  
hockey players.
8. Write briefly on any two of the following : (5×2=10)
  - i) Principles of planning
  - ii) Principles of tactical preparation
  - iii) Preparation for competition
  - iv) Phases of talent Identification

Serial No. 2052 (i)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER-I - 2019  
Paper: MPE-0703 (i)  
GAME OF SPECIALIZATION  
(ATHLETICS)**

Time: 3 Hours.

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 questions carry equal marks.**

1. Write history of Athletics in regard to Modern Olympic Games. (10)
2. Discuss about general rules of Athletics. (10)
3. Explain physical, physiological, psychological and sociological characteristics of various natures of athletes (10)
4. Write an essay on safety measures, prevention of injuries, and management of injuries for various levels of athletes. (10)
5. Explain structure and organization of the athletic meet. (10)
6. Write an essay on sports nutrition for various levels of athletes. (10)
7. Prepare a plan for 400 m standard athletics track with relevant calculations for track and staggers for 200 m run and their marking procedure. (10)
8. Write on the following: (10)
  - a) Structure and functions of AFI
  - b) Structure and functions of IAAF



Serial No. 2052 (III)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER-I - 2019  
Paper: MPE-0700 (III)  
GAME OF SPECIALIZATION  
(BADMINTON)**

Time: 3 Hours.

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 questions carry 10 equal marks.**

1. Draw a neat diagram of Badminton court with all measurements & requirements. (10)
2. Write short notes on any two of the following: (5+5)
  - a) Qualities of good coach.
  - b) Scoring system.
  - c) Service faults.
3. Write down the historical development of Badminton in India. (10)
4. Write short notes on any two of the following: (5+5)
  - a) Functions of BAI.
  - b) Reflexes.
  - c) Responsibilities of umpire.
5. What is the "Nutritional Requirement" of Badminton players. Discuss the Importance of nutrition before, during and after a Badminton Competition. (10)
6. What do you understand by "Muscular Endurance"? Write various methods to develop endurance in Badminton players. (10)
7. Describe the coaching tips of "smashing" in Badminton. (10)
8. Prepare a score sheet for Single's Badminton match, specifying all details. (10)

Serial No. 2052 (iv)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER-I - 2019  
Paper: MPE-0703 (iv)  
GAME OF SPECIALIZATION  
(BASKETBALL)**

Time: 03 Hours.

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 questions carry equal marks.**

1. Elaborate upon the Modern Trends in Basketball. (10)
2. Explain the purpose, importance and methods of evaluation of a team performance during matches. (10)
3. Elaborate upon the importance of "screening". List down Coaching points and two drills for screening. (10)
4. List down the latest rules of Basketball and their interpretation. (10)
5. List down Basketball skill tests and explain any two in detail. (10)
6. Write notes on any two: (5+5=10)
  - a) Assessment of prospective opponents
  - b) Selection of a team and conduct of a camp
  - c) Organization and constitution of IBF
7. Explain in detail: (5+5=10)
  - a) AAPHER youth Fitness Test
  - b) National Physical Efficiency Test
8. List down Basketball specific motor components. Explain the development of any two in detail. (5+5=10)

Serial No. 2052 (v)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER-I - 2019  
Paper: MPE-0703 (v)  
GAME OF SPECIALIZATION  
(CRICKET)**

Time: 3 Hours.

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 questions carry equal marks.**

1. What is Speed. Explain the Importance of Speed for Cricket. (10)
2. Write short notes. (5+5=10)
  - a) Duties of Umpire.
  - b) Importance of Physical Fitness in Cricket
3. Explain in detail on Drive in Cricket. (10)
4. Write down the modern trends and development in Cricket from time to time (10)
5. Write short notes. (10)
  - a) Importance of Safety measures in cricket.
  - b) Qualities of good Coach.
6. Explain OFF SPIN bowling in Cricket. Name types of bowling in Cricket. (10)
7. Write down any one Physical Fitness test in Cricket. (10)
8. Explain briefly the following: (5+5=10)
  - 1) Batting crease
  - 2) Bowling crease
  - 3) No Ball
  - 4) Wide Ball

Serial No. 2052 (vi)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER-I - 2019  
Paper: MPE-0703 (vi)  
GAME OF SPECIALIZATION  
(FOOTBALL)**

Time: 3 Hours.

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 questions carry equal marks.**

1. Discuss the Historical development of football at international level. (10)
2. Explain Duties and responsibilities of football officials. (10)
3. Evaluation of the players performance during match explain. (10)
4. Explain the criteria of team selection for participating in inter college football team. (10)
5. What is the difference between general and specific warming-up? Explain. (10)
6. Prepare a diet chart for national level football player. (10)
7. Write a Short note on any two of the following: (5+5=10)
  - a) AAHPER youth fitness test.
  - b) Mc Donald test.
  - c) SAI football test.
8. What is the difference between Press Release and Report? Explain in detail. (10)



Serial No. 2052 (viii)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- I - 2019  
Paper - MPE-703 (viii) : GAME OF SPECIALIZATION  
(HANDBALL)**

Time: 03 Hours.

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 questions carry equal 10 marks.**

1. Discuss the principles and objectives of coaching in handball.? (10)
2. What is General & Specific warming up? Write down the physiological effects of warming up? (10)
3. Write short notes on any two of the following:- (5+5=10)
  - a) Organization set up of AHFI.
  - b) Lead-up games.
  - c) Straight shot with variations.
  - d) Steps for conducting a tournament.
4. What is allowed & not allowed by the Goal-keeper under Rule no. 5 (The Goal-Keeper) in Handball? (10)
5. Discuss the anthropometrical characteristics of a Handball players along with their benefits in the game? (10)
6. Write various defensive systems of play along with their advantages and disadvantages in the Handball game? (10)
7. What do you understand by the terms "fatigue", "recovery" and "Super Compensation" in sports training? Discuss in detail. (10)
8. Write short answers on the following: (5+5=10)
  - a) Procedure for selecting a team.
  - b) Guidelines for conducting a training camp.

Serial No. 2052 (ix)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER-I -2019  
Paper - MPE-0703 (ix) : GAME OF SPECIALIZATION  
(HOCKEY)**

Time: 03 Hours.

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 questions carry equal marks.**

1. Write briefly on any two of the following: (5×2=10)
  - a) Historical developments of field hockey in India
  - b) Recent rule changes in the game.
2. Describe the organizational set up of IHF. Discuss its role & responsibilities in the development of the game? (10)
3. Draw a score sheet & explain the procedure to fill the score sheet? (10)
4. Suggest any two drills to improve attacking abilities of the players? (10)
5. Write about the importance & physiological effect of warming up & cooling down on the athletes? (10)
6. Explain the following skills of Hockey: (5×2=10)
  - a) Scoop
  - b) Straight Hit
7. Suggest training methods to develop endurance among Hockey Players? (10)
8. Write briefly on any two of the following: (5×2=10)
  - a) Short term training plan
  - b) Any one Field Hockey Skill Test
  - c) Teaching progression
  - d) Evaluation of team performance

Serial No. 2052 (x)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - I - 2019  
Paper - MPE-0703 (x) : GAME OF SPECIALIZATION  
(JUDO)**

Time: 03 Hours.

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 questions carry equal marks.**

1. Write a note on the origin, historical prospective, development and Modern trends of Judo in India? (10)
2. Explain the structure and function of Judo Federation of India (JFI)? (10)
3. List the latest changes and developments in rules and regulations of Judo? (10)
4. Discuss on Technical preparation and grading system in Judo? (10)
5. Explain the Physical, physiological and psychological preparation of Judo Players. (10)
6. Write a short note on Systematizing training process emphasizing Warming Up, Cooling down, basic skill, weight training, circuit training and Supplementary Exercises in Judo? (10)
7. Discuss on prevention of Injuries, causes and remedies of Injuries in Judo and safety measures? (10)
8. Explain the Nutritional guidelines for Judokas at pre, during and post judo competition phase? (10)

Serial No. 2052 (xi)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - I - 2019  
Paper - MPE-0703 (xi) : GAME OF SPECIALIZATION  
(KABADDI)**

Time: 03 Hours.

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 questions carry equal marks.**

1. What are the long term planning for organization of a Kabbadi tournament? (10)
2. What do you mean by play field technology? Explain. (10)
3. What is warming up? Write down the principles of warming up and cooling down? (10)
4. What is tiebreak in Kabaddi? Enlist latest rules of Kabbadi and their Interpretation in detail? (10)
5. What is video analysis? How is it helpful to analyze skill & techniques of sports person? (10)
6. Enlist Kabaddi officials and write their duties & responsibilities in the Kabaddi match? (10)
7. Prepare a coaching lesson plan on any Kabaddi skill? (10)
8. Enlist defensive skills of the Kabaddi game. Explain any two in detail. (10)



Serial No. 2052 (xiv)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - I - 2019  
Paper - MPE-0703 (xiv): GAME OF SPECIALIZATION  
(VOLLEYBALL)**

Time: 3 Hours.

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 questions carry equal marks.**

1. Sketch the history and development of Volleyball throughout the world? (10)
2. Write down the organization structure of FIVB and its role in developing the game? (10)
3. Write down the duties and responsibilities of First Referee? (10)
4. Write down the rules governing misconduct and their sanctions? (10)
5. Explain underhand pass. Provide any six drills to perfect underhand pass? (10)
6. How will you conduct an Inter College Volleyball tournament? Explain in detail. (10)
7. Explain Russell-Lange Volleyball test with the help of diagram? (10)
8. Write short notes on any two of the following: (5+ 5=10)
  - a) Development of Speed
  - b) Development of Flexibility
  - c) Five drills to perfect Blocking (Single Block)

Serial No. 2052 (xv)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - I - 2019  
Paper - MPE-0703 (xiv) : GAME OF SPECIALIZATION  
(YOGA)**

Time: 3 Hours.

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 questions carry equal marks.**

1. What do you mean by Yoga and explain the importance of yoga in the field of physical education and sports? (10)
2. Explain the responsibilities of technical official of national Yoga Competition? (10)
3. Define Asana and explain the importance of Asanas in physical education and sports ? (10)
4. How is Asanas different from other form of exercises? Explain it in detail? (10)
5. What is Pranayama and explain the importance of Pranayama in daily life? (10)
6. Discuss the technique, benefits and precaution of Sutra Neti? (10)
7. Explain the protocol and ceremonies of yoga competition? (10)
8. Write short notes on any two: (5+5=10)
  - 1) Yogic diet
  - 2) Chakrasana
  - 3) Anulom viloma

Serial No. 2053 (I)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - I - 2019  
Paper - MPE-0704 (I) : SUBJECT SPECIALIZATION  
(EXERCISE PHYSIOLOGY)**

Time: 3 Hours.

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 questions carry equal marks.**

1. Explain the sliding filament theory of muscle contraction? (10)
2. Why are the ATP-PCr and glycolytic energy systems considered to be anaerobic components? (10)
3. Explain the role of slow twitch fibre in sports? (10)
4. Explain in detail the chronic adaptation of the cardiovascular system? (10)
5. Explain the administrative guidelines for pre-testing situation? (10)
6. Describe the components of a good exercise programme and their importance in the total plan? (10)
7. Define flexibility. Describe various methods to develop flexibility? (10)
8. What is health related fitness. Explain the components of health related fitness? (10)

Serial No. 2053 (ii)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - I - 2019  
Paper - MPE-0704 (ii) : SUBJECT SPECIALIZATION  
(SPORTS BIO-MECHANICS)**

Time: 3 Hours.

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 questions carry equal marks.**

1. Write a note on the importance of biomechanics in Physical Education and Sports? (10)
2. Write short notes with definitions on any five from the following: (10)
  1. Types of motion
  2. Distance and Displacement
  3. Speed, velocity and uniform acceleration
  4. Pressure
  5. Mass and Weight
  6. Center of Gravity
  7. Work
3. Define types of Levers and their mechanical advantage and disadvantage with special reference to physical education and sports applications? (10)
4. Explain the concept related to controlling balance during movements in Physical education activities? (10)
5. State and explain with suitable examples of Law of inertia (Linear Motion), Law of moment of Inertia(Angular Motion), Law of momentum (Angular Motion) (10)
6. Write note on observing and analyzing performance with suitable example emphasizing on the following: (10)
  - 1) The Nature of Skill
  - 2) Overall Performance objective of skill
  - 3) The analysis process
7. Write a note on functional relationship among different phases of an acyclic motor action? (10)
8. Discuss on qualities of Movement flow, Movement Amplitude and Movement precision with suitable examples? (10)



Serial No. 2053 (iii)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - I - 2019  
Paper - MPE-0704 (IV) : SUBJECT SPECIALIZATION  
(Professional Preparation & Curriculum Design)**

Time: 3 Hours.

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 questions carry equal marks.**

1. Explain the terms "Profession" "Professional" and "Professional Preparation". (10)  
Describe about physical education & sports as a career?
2. Describe about the Post-Independence historical perspective of Professional Preparation in India? (10)
3. Discuss about various forces and factors affecting policies and programs related to education, physical education and sports programme in India? (10)
4. Explain important functions of a state in the implementation of educational & professional preparation of physical education and sports programme in India? (10)
5. Explain aims and purposes of Physical Education and Sports in relation to professional preparation at various levels? (10)
6. Discuss about patterns of professional & educational qualifications essential and desirable for all teachers related to library, laboratory and research? (10)
7. What do you understand by "Under Graduate Professional Preparation"? (10)  
Explain its purposes and admission areas at various levels in Physical Education & Sports
8. Explain any two from the following: (5+5=10)
  - a) Laboratory experience during graduate level professional preparation.
  - b) Field experience during professional preparation programme.
  - c) Teaching practice and experience during professional preparation.

Serial No. 2053 (iii)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER - I - 2019  
Paper - MPE-0704 (iii) : SUBJECT SPECIALIZATION  
(EXERCISE AND SPORTS PSYCHOLOGY)**

Time: 03 Hours.

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 questions carry equal marks.**

1. Define sports psychology. Explain the scope of sports psychology in competitive sports? (10)
2. Define learning and list down theories of learning, Explain any one theory in detail? (10)
3. Enlist methods of sports psychology. Explain in detail any two of them? (10)
4. Define Growth and Development. Explain characteristics of early childhood in detail? (10)
5. Define sports motivation. Explain the effect of sports motivations on sports performance? (10)
6. Explain in detail the perceived competence for goal achievement in sports? (10)
7. Differentiate among the senses. Describe perception and cognition? (10)
8. Write short notes on any two of the following: (5+5)
  - a) Mental action regulation
  - b) Characteristics of adolescence
  - c) Interview method in sports psychology

Serial No. 2053 (v)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION**

**(M.P.Ed.) SEMESTER - I - 2019**

**Paper - MPE-0704 (v) : SUBJECT SPECIALIZATION**

**(Sports Sociology)**

Time: 03 Hours.

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 questions carry equal marks.**

1. What do you mean by the concept of Sociology and Sports in detail? (10)
2. What do you mean by Conflict theory in relation to sports? Discuss in detail. (10)
3. "Sports as man's cultured heritage"? Write in detail. (10)
4. What do you mean by Interactionism theory in relation to sports? Discuss in detail. (10)
5. What do you think about commercialization of sports? Write in detail. (10)
6. Write down the current status of Sports Sociology in India & abroad? (10)
7. What are the similarities and dissimilarities between sports in ancient time of Greece & Rome? (10)
8. Write in detail various research techniques used in social sciences? (10)



Serial No. 2053 (vi)

Roll No.: \_\_\_\_\_

**MASTER OF PHYSICAL EDUCATION  
(M.P.Ed.) SEMESTER- I - 2019  
Paper: MPE-0704 (vi): SUBJECT SPECIALIZATION.  
(Sports Management)**

Time: 3 Hours.

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 questions carry equal marks.**

1. What do you understand by Sports Management? Discuss the nature & Scope of Sports Management? (15)
2. Define the term "Planning"? Explain the importance of planning in the field of Sports Management? (15)
3. Write down the International perspective of Sports Management? (15)
4. Briefly discuss the process of Identification of resources in Sports Management? (15)
5. Describe the role of Sports medicine in the field of Sports. Also discuss its Importance for other Sports personnels? (15)
6. Discuss the various steps involved in the person of planning? (15)
7. Write short notes on any two of the following: (7.5+7.5)
  - i) Objectives of Sports management
  - ii) Career avenues in sports management
  - iii) Role of media in promoting sports
8. Discuss the importance of leadership in Sports Management. Explain with suitable examples? (15)