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Name of Examination:-	M.P.Ed.Sem.-IV (Physical Education)-2023
Paper :-	MPE-1001
Subject:-	Fundamental of Sports Sociology
Semester:-	IV
Maximum marks:-	50
Time:-	3 hours

(Write your Roll No. on the top immediately on receipt of this question paper)

Note:- Attempt any five questions. All questions carry equal marks.

- Q.1 Define conflict theory and explain its implications in sports social system .
- Q.2 Write the comparison between ancient and modern sports social system.
- Q.3 Define the social stratification and mention the social mobility in sports according to classes
- Q.4 Discuss the role of sports socialization in making of the individuality of sports person.
- Q.5 Describe the disparity and discrepancy faced by women sports persons.
- Q.6 Explain the impact of commercialism in sports.
- Q.7 Write a comparison between quantitative and qualitative research.
- Q.8 Write short notes on any two of following.

- a) Cultural symbols in sports
 - b) Spectators
 - c) Amateurism in sports
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Name of the Paper: MPE-1002: Fundamental of Sports Psychology

Name of the Course: M.P.Ed. SEM-IV

Semester – IV – 2023

Duration: 3 Hours

Maximum Marks: 50

Instruction for Candidates

- 1 Write your Roll No. on the top immediately on receipt of this question paper.
- 2 The student is required to attempt any five questions
- 3 All questions carry equal marks

- Q1. What do you understand by Sports Psychology? Explain what role educational sports psychologist can play to educate players and coaches?
- Q2. Explain the implication of sensory perceptual processes in sports.
- Q3. Briefly explain the motor development during different stage of development.
- Q4. "Mental Imagery facilitate elite player to learn new skills" Prepare a draft for an athlete for instructed mental imagery for learning a skill of your choice.
- Q5. What strategies would you suggest to improve confidence among players?
- Q6. While preparing athletes during preparatory phase how development of psychological skill can be incorporated in training of a beginner athlete, considering your game of specialization.
- Q7. While preparing athlete for skill acquisition suggest the process goal and outcome goal required to be set for one month training.
- Q8. Write an essay on the dynamism of personality development through participation in sports?



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**Master of Physical Education
(M.P.Ed.) Semester-IV 2023
Paper- MPE 1004 (v) Subject Specialization-
Sports Sociology**

Time: 3 hours

Maximum Marks: 50

(Write your roll no immediately on the receipt of the question paper)

Note: Attempt any five questions. All questions carry equal marks.

1. "Sports & religion are interconnecting". Explain in detail.
2. Describe the Structured and non-Structured interview.
3. What is the role of religion in sports development?
4. Write the relationship between television and sports in detail.
5. Elaborate emergence and growth of commercialization sports.
6. What do you mean by "Globalization and Sports".
7. Give your comments about forecasts in growth of future sports.
8. Discuss in detail on any two of the following; Ethics in Journalism, Qualitative research and Club culture in sports.



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**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-IV
APRIL/MAY 2023**

Paper- MPE-1004 (ii)- Subject Specialization-Sports Biomechanics

Time-3 hours

Maximum Marks-50

(Write your Roll No. on the top right side
Immediately on receipt of this question paper)

Attempt any five questions.
All question carries equal marks

1. Write a note on mechanical energy, work and efficiency emphasizing on-
 - a) Definition and standard unit
 - b) Limitations
 - c) Purpose for measuring
 - d) Potential uses for measurement of movement patterns.
2. Discuss on cinematography and computerized video analysis emphasizing on the following-
3-D cinematography (equipment specifications, calibration and expected reliability, other consideration).
3. Explain recommended procedure for direct measurement techniques emphasizing on the following-
Accelerometry (equipment specifications, calibration procedures and expected reliability).
4. Explain recommended procedures related to force transducers emphasizing on the following-
Pressure platforms (design, basic consideration in design and utilization, procedures and expected reliability).
5. Write on the following with examples-
Inter segmental power analysis (equipment specifications, calibration procedures)
6. Write on the following with examples-
Body segment and total body energies and mechanical work and output (equipment specifications)
7. Give an introduction to measurement and applications in gait analysis.
8. Write an essay on policy statement regarding the use of human subject and informed consent.

Master Of Physical Education (M P Ed, 2023)

Semester IV

Session: May –June 2023

Paper Name: Subject Specialization – Sports Management

Paper : MPE 1004 (vi)

Time : 3 Hours

Max. Marks : 75

Instruction: Attempt any FIVE questions. Each question carries equal marks.

Q1. Write the meaning and concept of Sports Event Management. Draw a LOC of sports event and discuss roles and responsibilities of personnel involved in the event.

Q2. Discuss the need, objectives and factors affecting planning facilities for sports and fitness.

Q3. Write the meaning and concept of voluntarism in sports event. Explain in brief, types of volunteers, training of volunteers and maintenance of volunteers in sports.

Q4. What do you understand by the term 'Office Management'? Enlist various objectives of office management. Explain in brief tasks/functions of office in physical education.

Q5. Discuss the 'Bidding Process' of event organization at international level.

Q6. Explain in detail the preparation to conduct an event at state level & enlist various services require in conducting event.

Q7. Write notes on the following:

(a) Ceremonies

(b) Duties of Volunteers

Q8. How sports insurance works, elaborate.



MASTER OF PHYSICAL EDUCATION

M.P.Ed. Sem. IV, May / June 2023

PAPER MPE – 1004 (iii)**SUBJECT SPECIALIZATION: EXERCISE AND SPORTS PSYCHOLOGY****Instruction for students:**

- a) Attempt any **FIVE QUESTIONS**. All question carry equal marks.

Time: 3 hours**Maximum Marks: 50**

- Q.1.** Explain various types of goals and their effectiveness. Discuss the reasons the goal setting has upon the improved performance.
- Q.2.** Explain the term Imagery. Describe the uses of Imagery. Explain "Where, When, Why and What" of imagery in sports?
- Q.3.** What is self – confidence? How will you build self – confidence of a player?
- Q.4.** Describe Psychological Skills training and it's importance in sports. Explain the myths that surround the use of psychological techniques to optimize performance.
- Q.5.** Describe various arousal-energizing strategies employed by athletes in sports.
- Q.6.** Describe the acronym "S.M.A.R.T" and different type of goals. Discuss the common Goal Setting Pit falls.
- Q.7.** Explain the concept of information processing, memory system and measuring information.
- Q.8.** Write short notes on any two of the following:
- a) Self – energizing strategies in sports.
 - b) Inverted U theory
 - c) Uses of Imagery in sports.



Class: M.P.Ed. Semester- IV

Paper No: MPE-1004(4)

Name of the paper: PPCD. Professional preparation and curriculum Design

Examination: May/ June 2023

Note: Attempt any 5 questions and all questions carry equal marks.

Time: 03 hrs

maximum Marks: 75

- Q1. Explain the various innovations in the area of curriculum development at University level.
- Q2. What steps would you follow to design curriculum at School Level.
- Q3. How to develop a skill related development program at college level?
- Q4. What do you understand about the curriculum? How to make it more effective for students. Explain.
- Q5. The Curriculum is an important element of education. Justify.
- Q6. Why is the curriculum important in physical education? Justify.
- Q7. What steps are followed to develop Curriculum at higher Institutions.
- Q8. Explain the need and importance of assessment and evaluation in physical education subjects?



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Master Of Physical Education (M P Ed, 2023)

Semester IV

Session: May –June 2023

Paper Name: Option Group - I

Paper : MPE 1003 : Fundamentals Of Sports Management And Administration

Time : 3 Hours

Max. Marks : 75

Instruction: Attempt any FIVE questions. Each question carries equal marks.

Q1. Write concept and definition of Admin. & sports management. Explain in brief roles and functions of sports manager.

Q2. Enlist different resources in management. Discuss different sources of funds available to promote physical education and sports program.

Q3. Write in brief guidelines for selecting and guidelines for purchasing supplies & equipment.

Q4. Define the term 'personnel management'. Discuss various steps involved in appointment of employee in the organisation.


Q5. What is event management? What its type? Draw one structural organisation (LOC) and explain in brief roles and responsibilities of personal in the structure.

Q6. Write the notes one the following:

- a) Formation of committees
- b) Reporting

Q7. Write the meaning and concept of office management. Discuss various tasks/functions of office management.

Q8. Discuss the following:

- a) Meeting
 - b) Ceremonies
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MASTER OF PHYSICAL EDUCATION (M.P.Ed.)

SEMESTER- IV 2023

Paper- MPE 1004(i)

Subject Specialization: Exercise Physiology.

Time: 3 hours

Maximum Marks: 50

(Write your Roll No. on the top right side immediately on the receipt of this question paper.)

NOTE: Attempt any five questions. All questions carry equal marks.

Q1. Give elaborate description of Health-related Physical Fitness along with any one Laboratory method of measuring aerobic capacity.

Q2. What measures will you take in the process of test and assessment of the flexibility for different joints in older population?

Q3. How will you categorize the subjects who are physically challenged?

Q4. How is flexibility assessment helpful in performance of athletes and injury prevention?

Q5. In detail explain the protocols for Physiological assessment of track athletes.

Q6. Write short notes on any two from the following.

(5 x 2=10)

a. Basal energy expenditure

b. Cardiac output

c. Blood Lactate Level

Q7. Explain in detail how you will calculate the energy cost of cycling.

Q8. How will you determine appropriate exercise intensity?

Exam- M.P.Ed, Sem-IV 2023

Paper- (MPE-1005) Measurement and Evaluation in Physical Education

MM: 50

Time Allowed: 03 Hrs.

Note: Attempt any five questions, all questions carry equal marks.

- Q1. Explain in detail scope of Test, Measurement and Evaluation.
- Q2. Enlist the Psychomotor Tests and explain any one of them in detail.
- Q3. Explain Test Administration in detail.
- Q4. Enlist the motor Fitness components and Explain Agility and Speed in detail.
- Q5. What is Evaluation and explain Subjective and objective Evaluation in detail.
- Q6. Explain Johnson Basketball Skill Test in detail
- Q7. Explain Brady Volleyball skill test detail.
- Q8. Explain in detail the need of Test, Measurement & Evaluation in Physical Education.



Total (14)

M.P.E.D 2023

IV

(1)

NAME OF THE EXAMINATION: M.P.Ed. (Master of Physical Education) SEM-IV-2023
NAME OF THE PAPER: MPE-1006 (vi) Optional Group II
NAME OF THE SUBJECT: SPORTS, PHYSICAL ACTIVITY AND NUTRITION
SEMESTER: IV-2023
DURATION: 03 Hours
MAXIMUM MARKS: 50

INSTRUCTIONS FOR CANDIDATES

Attempt any five questions. All questions carry equal marks.

- Q1. Write in detail about hypokinetic diseases and sedentary lifestyle. (10)
- Q2. Explain the concept of sports. How do you classify different types of physical activity. (10)
- Q3. What is the importance of sports for children and adults? (10)
- Q4. What are the dietary guidelines for pre-competition meals, during competition and post competition meals for athletes of endurance sports? (10)
- Q5. What is the meaning of normal weight? Explain in detail the strategies for weight management? (10)
- Q6. What are junk foods. Discuss the nutritional adequacy of vegetarian versus non-vegetarian diets? (10)
- Q7. Describe the steps in exercise prescription. (10)
- Q8. Write short notes on any two of the following in detail. (5x2)
- a) Benefits of physical activity in prevention of diabetes (Type II)
- b) Concept of balanced diet.
- c) Food Hygiene.

Title of the paper: Sports Journalism
 Semester: IV
 MPE-1006(IV)
 Time: 3 hours
 Maximum marks: 75

Instructions

Attempt any three questions in part A and any four questions in part B.
 Questions in part A carry 5 marks and questions in part B carry 15 marks per question.

Part A

1. What is the meaning of sports journalism?
 खेल पत्रकारिता का अर्थ क्या है?
2. What do you understand by ethical values in journalism?
 पत्रकारिता में नैतिक मूल्यों से आप क्या समझते हैं?
3. What is a flash back in Journalism?
 पत्रकारिता में फ्लैश बैक क्या होता है?
4. What is a sports photo feature?
 स्पोर्ट्स फोटो फीचर क्या है?
5. Write a note on the use of radio in sports?
 खेलों में रेडियो के उपयोग पर टिप्पणी लिखिए।

Part B

6. Write a note on the changing trends of sports journalism.
 खेल पत्रकारिता के बदलते चलन पर एक टिप्पणी लिखिए।
7. How does journalism promote sports?
 पत्रकारिता खेलों को कैसे बढ़ावा देती है?
8. What are the principles of advertising in sports?
 खेलों में विज्ञापन के सिद्धांत क्या हैं?
9. What is the role of statistics and records in sports?
 खेलों में सांख्यिकी और अभिलेखों की क्या भूमिका है?
10. Photo journalism has become an integral part of sports journalism. How?
 फोटो पत्रकारिता खेल पत्रकारिता का एक अभिन्न अंग बन गई है। कैसे?

NAME OF THE PAPER : Opt Gp.III- Fitness & Wellness
(MPE-1006 II)

NAME OF THE COURSE : M.P.Ed.

SEMESTER : IV (2023)

DURATION : 3 Hours

MAXIMUM MARKS : 50

NOTE: Attempt any five questions in total. All questions carry equal marks.

Q.1 Discuss the significance of fitness & wellness in contemporary society. Also, discuss the components of wellness in detail.

Q.2 Discuss in detail about the knowledge of Nutrition & its implication on a healthy lifestyle.

Q.3 Discuss the relationship between Physical inactivity & Cardiovascular diseases. Give suitable examples.

Q.4 Name common Sexually transmitted Diseases. Explain preventive measures for such disease.

Q. 5 What is the need for behavior modification in one's life? Discuss the stages & process of behavior modification in detail.

Q.6 Write a note on adopting a positive lifestyle & scheduling for achieving quality of life.

Q.7 Discuss the role of Yogic practices in achieving health and fitness in an individual.

Q.8 Discuss the Principles to achieve the quality of life in detail. Suggest an ideal lifestyle pattern for youth.