

Name of the Course
Semester
Name of the Paper
Duration
Maximum Marks

Roll No.....

:MASTER OF PHYSICAL EDUCATION (M.P.Ed.)
: II-May/June 2024
: MPE 0803 (I) Game of Specialization (Athletics)
: 03 hours
: 50

INSTRUCTIONS:

- Write your Roll No. on the top right side immediately on receipt of this question paper
- Attempt any FIVE questions. All questions carry equal marks.

- Q.1 What do you mean by Speed? Explain in detail with illustration how to develop Speed.
- Q.2 Draw a neat and labeled diagram for Javelin Throw.
- Q.3 Make a complete sheet for competition of High Jump and how break its tie.
- Q.4 Explain in detail with suitable example planning for competition.
- Q.5 Explain in detail various teaching stages for Hammer Throw.
- Q.6 What do you understand by Tactical Phenomena? Explain in detail various tactics for Long Distance Running.
- Q.7 Explain in detail point to be kept in mind while preparing specific lesson plan.
- Q.8 What do you understand by Training Load? Explain in detail Principles of Load and Adaptation.

