

Examination Roll No.....

Name of the course : Master of Physical Education (M. P. Ed.)  
Semester : II-May/June-2024  
Name of the Subject : Physical Education  
Name of the paper : Game of Specialization-803 (vii) GYMNASTICS

Duration: 3 Hours

Maximum Marks: 75 Marks

Instruction to Candidates:

- Question paper consist total of eight questions
- Candidates have to attempt any five questions
- All questions carry equal marks

Q1. What are various aspects you will consider in ensuring safety in gymnastics? Explain in brief. (15)

Q2. While training children in gymnastics, what are factors you will keep in mind in planning? (15)

Q3. Write in detail about attention and its' role in gymnastics. (15)

Q4. Enlist basic components of nutrition and components of body composition. Brief explain method of meaning body composition. (15)

Q5. Write the meaning of world gymnastada. Write in brief the world gymnastada programmed. (15)

Q6. Write the factor in teaching, training and coaching of basic and advanced elements in artistic gymnastics. (15)

Q7. Outline a proposal of workshop in gymnastics. (15)

Q8. Explain in detail a teaching lesson plan in gymnastics. (15)

