

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 (viii) Handball

Duration: 3 Hours

Maximum Marks: 50 Marks

Instruction to Candidates:

- Attempt any five questions
- All questions carry equal marks

- Q1. Write down the principles of Coaching. (10)
- Q2. Discuss different types of offensive systems of play in Handball games and show diagrams also. (10)
- Q3. Write down the biomechanical analysis of the Jump Shot in Handball game. (10)
- Q4. What is overload? How will you manage overload? (10)
- Q5. What are different ways to promote a handball competitions? Discuss. (10)
- Q6. Explain different parts of a Coaching lesson plan for a Handball training session. (10)
- Q7. How will you prepare for long-term Handball competition plan? Explain with examples. (10)
- Q8. What do you understand by the principle of Load and Adaptation? How this principle can help in the improvement of the performance of Handball players? (10)
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