

Name of the course  
Semester

: Master of Physical Education (M. P. Ed.)  
: II-May/June-2024

Name of the Subject

: Physical Education

Name of the paper

: Game of Specialization-803 (xi) Kabaddi

Duration: 3 Hours

Maximum Marks: 50 Marks

*(Write your Roll No immediately on the receipt of the question paper)*

Instruction to Candidates:

- Attempt any five questions
- All questions carry equal marks

1. Define sports training. How do sports training uplift the performance of a Kabaddi player?
2. What do you mean the term coaching? Write different objectives of coaching.
3. Prepare a training schedule of six (6) months for preparing your college team for inter-college tournament.
4. Differentiate coaching and officiating and write down the qualities of good kabaddi coach.
5. Enlist the common sports injuries that occur in kabaddi and explain it's in detail.
6. Give your valuable suggestion to uplift of kabaddi game in urban areas too.
7. What do you mean by training plan? Explain long term training plan in detail.
8. Write the term load and adaptation. Explain its principles in detail.

