

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 (ii) Badminton

Duration: 3 Hours

Maximum Marks: 50 Marks

Instruction to Candidates:

- Attempt any five questions
- All questions carry equal marks

Q1. Draw a neat diagram of Badminton court for singles giving all the measurements as per latest laws of Badminton. (10)

Q2. Discuss various tactics and strategies for single's and double's matches in Badminton with suitable examples. (5+5=10)

Q3. Explain anthropometric and physiological considerations to be considered in selecting badminton players. (5+5=10)

Q4. Name various types of 'Smash' used in the Badminton game. Discuss the advantages of smash. Describe any one smash technique of your choice. (2+3+5=10)

Q5. Discuss various training cycles used for planning of training the Badminton players. (10)

Q6. Explain the process of load and adaptation in training. Also discuss the symptoms of overload. (6+4=10)

Q7. What is the importance of speed for Badminton players? Discuss training methods to develop speed for Badminton players. (3+7=10)

Q8. Prepare a two weeks' training program for beginner Badminton players. (10)