

Your Roll No.....

Name of the course : Master of Physical Education (M. P. Ed.)
Paper No. : MPE-0703(I)
Name of the paper : Game of Specialization: Athletics
Semester : I-December-2025
Duration : 3 Hours
Maximum Marks : 50 Marks

INSTRUCTIONS FOR CANDIDATES

Attempt any FIVE questions. All questions carry equal marks

1. What are the important motor abilities required for a long-distance runner? Explain in detail. (10)
2. Write a detailed note on the physical and physiological characteristics required in a sprinter. (10)
3. Explain the various finishing techniques in detail (10).
4. What are the stages involved in the long jump? Explain (10)
5. Explain the stages involved in the triple jump. (10)
6. Discuss the techniques of baton exchange used in relay events (10).
7. Define sports injuries. Enlist the types of sports injuries. Discuss how to prevent sports injuries. (10)
8. Write short notes on any two:- (5x2)
 - (iv) Principles of rehabilitation in Sports.
 - (v) History of Athletics at International Level.
 - (vi) Role of Nutrition before competition.