

Your Roll No.....

Name of the course : Master of Physical Education (M. P. Ed.)
Paper No. : MPE-0703(vii)
Name of the paper : Game of Specialization: Gymnastics
Semester : I-December-2025
Duration : 3 Hours
Maximum Marks : 60 Marks

INSTRUCTIONS FOR CANDIDATES

Attempt any FIVE questions. All questions carry equal marks

- Q1. Write the origin and development of gymnastics in Asia.
- Q2. Discuss the Principles of Teaching, Coaching and training of gymnastics movements on apparatus.
- Q3. Discuss in brief the development of strength and flexibility in gymnastics.
- Q4. Explain in brief the planning for competition – meaning and concept; preparation for competition schedules; order of events; sequence of gymnasts.
- Q5. Describe the common causes of injuries in gymnastics. Discuss the prevention measures and remedial strategies that coaches can implement to ensure safety and effective recovery.
- Q6. Explain in brief periodisation of training for different events with suitable examples from gymnastics.
- Q7. What is meant by supporting techniques in artistic gymnastics. Explain different methods used to teach and develop these techniques. Illustrate your answer with examples from at least two apparatus events.
- Q8. Explain with suitable examples how the basic body movements of Rhythmic gymnastics elements can be combined effectively with apparatus handling to enhance performance quality.