

Name of the course

Paper No.

Name of the paper

Semester

: Master of Physical Education (M. P. Ed.)

: MPE-0803(i)

: Game of Specialization: Athletics

: II (May/June 2025)

Your Roll No.....

Duration: 3 Hours

Maximum Marks: 50

Instruction to Candidates

*Question paper consist total of eight questions
Candidates have to attempt any five questions
All questions carry equal marks*

- Q. 1. Define training load. Explain causes and symptoms over load in detail.
- Q. 2. Define the race walking. Explain in detail technique of race walking.
- Q. 3. Enlist the sports training methods. Explain in detail any two training methods.
- Q. 4. Explain in detail the technique of High jump in detail.
- Q. 5. Explain in detail physical and physiological training for elite Javelin throw.
- Q. 6. Define sports planning. Explain different periods of sports planning.
- Q. 7. Enlist the various motor abilities. Explain any two of them in detail.
- Q. 8. Write short notes on any two of the following –
 - a. Stages of teaching in sports training.
 - b. Meso cycle training.
 - c. Decathlon event.
