

Name of the course
Paper No.
Name of the paper
Semester

Your Roll No.....
: Master of Physical Education (M. P. Ed.)
: MPE-0803(viii)
: Game of Specialization: Handball
: II (May/June 2025)

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. Briefly Explain the principles and objectives of coaching.
- Q.2. Explain the attacking systems of play in handball with the help of diagrams.
- Q.3. What are the physiological and anthropometrical considerations in Handball game? Discuss.
- Q4. Explain the principles of load and adaptation in Handball training.
- Q5. Prepare a diet plan for a period of one week for inter-collegiate players.
- Q6. Short notes on the followings:
(a) Ankle Sprain
(b) Knee injuries
- Q7. Prepare a coaching plan for two weeks for the inter-varsity Handball players.
- Q.8. Write short notes on any two of the following:
(a) Risk management
(b) Fatigue
(c) Rehabilitation