

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

: Master of Physical Education (M. P. Ed.)
: MPE-0803(x)
: Game of Specialization: Judo
: II (May/June 2025)

Your Roll No.....

Duration: 3 Hours

Maximum Marks: 50

Instructions for students

- Write your Roll. No. on the top right side of this question paper.
- Attempt any five questions.
- All questions carry equal marks.

Q1. Explain the Principles of training load in judo.

Q2. Discuss on various training methods applicable to Judo.

Q3 Give an outline of Biomechanical considerations of Judo performance.

Q4. Write a note on Main and build-up competition in judo.

Q5. Write a note on tactical efficiency for Judo performance.

Q6. Discuss on Judo Skill Tests with suitable examples.

Q7. Prepare a teaching lesson-plan for judo class.

Q8. Discuss on different stages/phases of technique learning/ teaching emphasizing on their applications and principles.