

Name of the course

Paper No.

Name of the paper

Semester

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

: MPE-0803(xi)

: Game of Specialization: Kabaddi

: 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. Define the term sports training. Discuss the role of sports training in developing motor component. 10
- Q2. Write strength and its types. Explain different method to develop strength. 10
- Q3. What do you mean by COACHING? Describe the philosophy of coaching in detail. 10
- Q4. What do you understand by load? How it is beneficial for a Kabaddi players. 10
- Q5. What do you mean by term "Tie Break" and "Golden Raid" in Kabaddi? Discuss in detail. 10
- Q6. For a player "the coach is an ideal teacher, guide and philosopher" Discuss the statement. 10
- Q7. Enlist advance skills of Kabaddi. Explain any two from defensive and offensive skills in Kabaddi. 10
- Q8. Write short notes on any two of the following: (5+5)=10
- (a) Common injuries and their rehabilitation (5)
- (b) Give valuable suggestion to uplift Kabaddi Game (5)
- (c) Explain short term training plan (5)