

Name of the course

Paper No.

Name of the paper

Semester

Your Roll No.....

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

: MPE-0803(xiv)

: Game of Specialization: Volleyball

: II (May/June 2025)

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.

Q.1 Define coaching and explain in details the principles of coaching for game of volleyball.

Q.2 What is pep talk and explain its importance before and after the match.

Q.3 Define biochemical analysis and write the analysis of 'floating serve' in game of volleyball.

Q.4 Explain in details the principles of load and adaptation in training of volleyball players.

Q.5 Write the preventive and safety measures regarding the common incidents happens in volleyball.

Q.6 Define the balanced diet and explain the essential nutrients of diet for a volleyball payer.

Q.7 Write the weekly coaching schedule of volleyball payers for inter college competition.

Q.8 Write short notes any two of the following:-

- a) Fatigue.
- b) Overload
- c) Facility management.