

Name of the Course : Master of Physical Education (M.P.Ed.)
Name of the Paper : Game of Specialization: Athletics MPE-803-(i)
Semester : (May/June-2026)
Duration : 3 Hours
Maximum Marks : 50 Marks

Instructions for Candidates

Attempt any five questions

All questions carry equal marks

1. Explain the causes, symptoms, and management of overload in athletes. (10)
2. Explain various training methods used in athletics. (10)
3. Discuss the physical and physiological preparation of athletes for competitions. (10)
4. Explain the significance of preparatory and competition phase. (10)
5. Explain the motor abilities essential for sprinters. (10)
6. Explain the process of marking of a 400m standard track . (10)
7. Describe tactical efficiency in athletics and methods to improve it during training. (10)
8. Write Short Notes on any two of the following: (5+5)
 - a) Stages of Teaching
 - b) Importance of Short term competition for athlete development
 - c) Role of motor components in athletic performance