

Name of the Course
Semester II
Name of the Paper

Duration
Maximum Marks

: Master of Physical Education
: May, 2024
: MPE 0803 (III) Game of
Specialization-Badminton
: 03 Hours
: 50

SET A

Instructions for Candidate

Attempt five questions. All questions carry equal marks. (10)

- Q1. What are motor components? What are the various methods to improve motor components?
- Q2. What are the various methods and principles of training load?
- Q3. What are the physiological and psychological considerations in Badminton?
- Q4. What is the cyclic process of training? Explain all the cycles in detail?
- Q5. Write notes on any two:
a) Teaching and coaching aids
b) Knowledge tests
c) Build up competitions.
- Q6. Prepare a coaching lesson plan for intermediate badminton players of competition phase?
- Q7. What are the causes, symptoms and management of over-load?
- Q8. Write notes of any two:
a) Anatomical considerations in Badminton
b) Tactics of Badminton
c) Strength Tests