

Name of the course	: Master of Physical Education (M. P. Ed.)
Semester	: II-May/June-2026
Name of the paper	: Game of Specialization- MPE-803(iv) Basketball
Duration	: 3 Hours
Maximum Marks	: 50 Marks

Instruction to Candidates:

1. Attempt any five questions
2. All questions carry equal marks

- Q1. List and explain the Philosophy of Coaching in detail.
- Q2. Explain four common injuries in Basketball and rehabilitation for each.
- Q3. Explain the need, importance and principles of Load and Adaptation in detail.
- Q4. Explain the Anthropometric and Physiological considerations and their relevance for a Basketball player at an International Level.
- Q5. Explain in detail any two:
 - a) Fatigue ,recovery and super compensation
 - b) Individual , group and Team Tactics
 - c) Event profile development of an International tournament
- Q6. Explain intrinsic and extrinsic safety and preventive measures in Basketball.
- Q7. Draw a Biomechanical Analysis of lay-up shot in Basketball.
- Q8. Emphasise the need and importance of Diet and Nutrition for Performance of a Basketball player.