

NAME OF THE COURSE : MASTER OF PHYSICAL EDUCATION (M.P.Ed.)
NAME OF THE PAPER : GAME OF SPECIALIZATION – HOCKEY
MPE-0803 (ix)
SEMESTER : II-May 2026
DURATION : 3 Hours
MAXIMUM MARKS : 50

Instructions for Candidates

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

- Q1. Explain the role of a coach in preparing lesson plans and conducting individual and group coaching sessions in hockey.
- Q2. Discuss common injuries in hockey such as ankle sprain, shoulder dislocation, and knee injuries, along with their prevention and rehabilitation.
- Q3. Explain the importance of coordination among support staff (coach, doctor, psychologist, and players) for team success.
- Q4. Discuss the role of anthropometrical and physiological factors in hockey performance.
- Q5. Explain the biomechanical analysis of any one hockey skill and its importance in performance enhancement.
- Q6. Describe fatigue, recovery, and super-compensation in sports training. How can they be managed effectively?
- Q7. Discuss preventive and safety measures to minimize injuries in hockey.
- Q8. Discuss the role of sports marketing and event management in promoting hockey. Include strategies for sponsorship and publicity.