

Name of the Course : Master of Physical Education (M.P.Ed.)
Name of the Paper : Game of Specialization-Gymnastics
Paper Code : MPE-0803(vii)
Semester : II (May/June 2026)
Duration : 3 Hours
Maximum Marks : 50 Marks

Instructions for Candidates

Attempt any five questions

All questions carry equal marks

1. Write in detail Structure and Function of FIG?
2. Explain in detail the qualifying procedure for world cup?
3. Prepare a weekly training plan of a gymnast for developing a skill ?
4. Define Flexibility? Explain means and methods to develop Endurance?
5. Define mental imagery? Prepare one session mental imagery schedule for developing handspring vault on vaulting table.
6. Explain security means and methods in Gymnastics?
7. Explain teaching stages for back somersault tucked on floor exercise.
8. Write an essay on Division of twenty marks.