

Name of the Course	: Master of Physical Education (M.P.Ed.)
Name of the Paper	: Game of Specialization-Kabaddi
Paper Code	: MPE-803(xi):
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. Define the term sports training. Discuss the role of sports training in developing motor component.
2. Write strength and its types. Explain different method to develop strength.
3. What do you mean by COACHING? Describe the philosophy of coaching in detail.
4. Enlist advance skills of Kabaddi .Explain any two from defensive and offensive skills in Kabaddi.
5. What do you understand by load? How is it beneficial for a Kabaddi players?
6. For a player "the coach is an ideal teacher guide and philosopher" Discuss the statement
7. What do you mean by the tie break and league tournament? Write rules of "Tie Break" and "Golden Raid" in Kabaddi.
8. What do you mean by common sports injuries that occur in Kabaddi and also discuss the process of their rehabilitation.