

Name of the Course	: Master of Physical Education (M.P.Ed.)
Name of the Paper	: Game of Specialization: Volleyball
Paper Code	: MPE 0803 (xiv)
Semester	: II (May/June 2025)
Duration	: 3 Hours
Maximum Marks	: 50 Marks

Instructions for Candidates

3. Attempt any five questions
4. All questions carry equal marks

1. Discuss the importance of talent identification in sports coaching. Explain how coaches select a winning combination with reference to offensive and defensive strategies. (10)
2. What is team building in sports? Prepare a coaching lesson plan of 50 minutes on Tennis Service technique in Volleyball. (10)
3. Explain the importance of long-term and short-term preparation in planning for decisive volleyball competitions. How do these preparations contribute to performance enhancement? (10)
4. Describe the tactical training in volleyball. Elaborate on individual and team tactics for defensive system of play. (10)
5. Describe the application of scientific principles in sports. Discuss how anthropometrical, physiological, and biomechanical factors collectively contribute to skill development and performance. (10)
6. Explain the principles of training load and adaptation in volleyball. Discuss the concepts of fatigue, recovery, and supercompensation in relation to performance enhancement. (10)
7. Describe the common injuries in volleyball such as ankle sprain, finger injuries, shoulder dislocation, and knee displacement. Discuss the rehabilitative process for a player who has suffered from an ankle sprain. (10)
8. Write short notes on any **TWO** of the following: (5 + 5)
 - a) Report of an Inter- University Volleyball Competition
 - b) Mechanical analysis of Service
 - c) Symptoms and Management of Overload