

**OPEN BOOK EXAMINATION SCHEME-2020
MASTER OF PHYSICAL EDUCATION
M.P.Ed. Sem. I, MARCH-2021**

PAPER MPE -0703 (vii)

GAME OF SPECIALIZATION: (GYMNASTICS)

Instruction for students:

- a) Attempt any **FOUR QUESTIONS**. All questions carry equal marks.
- b) The duration of question paper is of **4 hours duration out of which** the student is provided with **3 hours for answering** the question paper and **1 hour is given for** downloading the question paper, scanning the answer sheet in PDF format and uploading the scanned PDF of the answer sheet on the portal.

Maximum Marks: 50

- Q1. What is Gymnastics? Write the qualities of a Gymnast.
- Q2. Define the term motor abilities. Explain the method of developing speed in Gymnastics.
- Q3. Write the concept of competition. Write the order of events, sequence of Gymnast and jury of judges in a competition.
- Q4. Explain the technique of backward roll on floor exercise. Mention various development exercises to be taught to the beginner to teach the skill.
- Q5. What is periodization? Explain various phases of periodization of training in Gymnastics.
- Q6. Write in detail the evaluation of 20 points award to the Gymnast in a competition on each apparatus.