

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

PAPER MPE -0703 (x)

GAME OF SPECIALIZATION: (JUDO)

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

- Q.1 Discuss on Biomechanical Consideration for high performance in Judo.
- Q.2 Write a note on various training methods with suitable examples.
- Q.3 Discuss principles and applications of learning/coaching/teaching techniques in Judo.
- Q.4 Write a note on micro, meso and macro cyclic process of Judo training.
- Q.5 Write a note on performance analysis in Judo.
- Q.6 Write an essay on Long term planning in Judo .