

Your Roll No.....

MASTER OF PHYSICAL EDUCATION

(M.P.Ed.)/ SEMESTER-I

2022

MPE-0703(x)-Game of Specialization

Judo

Time : : (3 hrs + 1 hr*)

Max Marks :50

***For Downloading of QP, Scanning answer sheet and uploading it.**

(Write your Roll No. on the top right side

Immediately on the receipt of this question paper)

Note : : Attempt any Four questions, All questions carry equal marks.

1. Explain the latest changes in rules and regulations of Judo according to JFI and IJF
2. Explain the structure and functions of Judo Federation of India (JFI).
3. Discuss on Qualifications, qualities and responsibilities of a Judo Coach.
4. Explain the required motor abilities for judo performance.
5. Write a note on warming-up, cooling down, supplementary exercises, weight training and circuit training for Judo performance.
6. Discuss on Prevention of injuries and safety measures in Judo.