

Serial No. 2052 (xii)

Roll No.: _____

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER - II, May - 2017**

**Paper - MPE-0803 (xii) : GAME OF SPECIALIZATION
(KHO-KHO)**

Time: 03 Hours.

Maximum Marks: 50

(Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All questions carry equal marks.

1. What do you understand by Coaching? Write all the principles of Coaching. (10)
2. Why planning is important in your Game? Write different types of training plans. Explain any one. (10)
3. Write a Bio-mechanical analysis of any one skill of your game in detail. (10)
4. Explain the word 'LOAD'. Write about Fatigue and recovery. (10)
5. Write all the managerial steps while organizing a Inter-college Kho-Kho Tournament. (10)
6. Write short note on any two of the following:- (10)
 - a) Coaching schedule – Weekly. (05)
 - b) Diet and nutrition for a Kho-Kho player. (05)
 - c) Injuries in Kho-Kho game. (05)
7. How will you prepare the player psychologically before the competition? (10)
8. Write short note on any two of the following:- (10)
 - a) Sponsor Identification (05)
 - b) Rehabilitation (05)
 - c) Publicity concerning competitions. (05)