

MASTER OF PHYSICAL EDUCATION

(M.P. Ed) SEMESTER-I 2022

PAPER: MPE-703(vii)- Game of Specialization

Gymnastics

Time: 3 hours +1Hrs

Maximum Marks: 50

(For downloading the question paper, scanning of answer sheet and uploading it.)

Attempt any **Four** questions.

All questions carry equal marks

1. Write in detail Structure and Function of AGU?
2. Explain in detail qualities, abilities and personality profile of a coach?
3. Define motor abilities? Prepare a weekly training of a gymnast?
4. Define Endurance? Types of endurance? Explain means and methods to develop Endurance?
5. Define terminology? Explain in detail principle of teaching, coaching in Gymnastics?
6. Explain supporting techniques, security means and methods in Gymnastics?