

M.P.Ed. Examination, 2015
Semester-IV
Physical Education
Paper – MPED-245
(Game of Specialization: Basketball)

Time: 3 Hours

Full Marks: 40

Questions are of value as indicated in the margin.

Answer *one* question from each unit.

Unit-I

1. What are the full forms of the governing organization of Basketball in India and World? Who is called the father of Basketball Game? How the game of Basketball was invented? 2+1+5=8

or

Which trophies are awarded for National Basketball Championship for Men and Women? Explain the terminologies (Any four)

- (i) Scrimmage (ii) Dead man (iii) Ambidexterity (iv) Alibi (v) Gunner. 2+(1.5×4)=8

Unit-II

2. What are the requisites of a Basketball player? Differentiate foul and violation in game of Basketball. 3+5=8

or

Specify three categories of basketball. Explain in detail “game lost by forfeit”. Write two latest changes in rules and regulation in basketball. 3+3+2=8

Unit-III

3. Explain the specific warm up in Basketball. Discuss the principles of performance of techniques during the game. 2+6=8

or

Write about the methods and phases of teaching and training techniques in Basketball. What is limbering down? 6+2=8

Unit-IV

4. What is Man to Man defence? Write the advantages of Man to Man defence. Explain the principles of Man to man defence. 2+2+4=8

or

Write the meaning of ‘Fast break’. What are the requirements of fast break? What are the disadvantages of fast break? 2+4+2=8

Unit-V

5. What is Super compensation? Explain detail the principles of sports training. 2+6=8

or

What are the remedies of overload? Write short note on periodization. 4+4=8