

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

Time: 3 Hours

Full Marks: 40

Questions are of value as indicated in the margin.

Answer **one** question from each unit.

Unit-I

1. Draw a sketch of Football field with all measurement including Goal post. 8

or

Write notes on (**any two**) 4+4=8

- (a) Direct and indirect kick
- (b) Duties of Assistant Referee
- (c) National Bodies
- (d) National and International Awards

Unit-II

2. Describe Instep Kick and common mistakes made by leg inners. 4+4=8

or

Discuss ball controlling with thigh. Explain the basic principles of ball controlling.

3+5=8

Unit-III

3. Describe slide tackling and common mistakes made by beginners. 8

or

Define Dribbling. Explain the prerequisites for successful dribbling. 2+6=8

Unit-IV

4. Define tactics and strategy. Discuss about 4-3-3 formation. 3+5=8

or

How you will make defensive wall – Explain with two different situations. 4+4=8

Unit-V

5. What is load? Write the causes and symptoms of over load. 2+6=8

or

Explain the meaning of 'Periodization'. Explain the aim, means, and structure of load of each part in single periodization. 2+6=8