

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

Time: 3 Hours

Full Marks: 40

Questions are of value as indicated in the margin.
Answer **one** question from each unit.

Unit-I

1. Discuss the development of the Game of Volleyball in world perspective. 8
or

Write short notes on: (*any two*) 4×2=8

- (a) Exceptional substitutions
- (b) Responsibility of 1st Referee
- (c) Misconduct and its sanctions

Unit-II

2. Write down the teaching stages and different drills for development of underhand pass. 4+4=8
or

What do you mean by service? Write down the types of service and discuss floating service in detail. 2+2+4=8

Unit-III

3. Discuss the performance prerequisites for volleyball players. 8
or

Define Flexibility and its type. Write down the methods of Flexibility Training. 2+6=8

Unit-IV

4. Elaborate the concept of 1-2-3 and 1-3-2 Guarding the Attack. 4+4=8
or

What do you mean by 6-0, 5-1, 4-2 and modified 4-2 team composition? 2+2+2+2=8

Unit-V

5. What do you mean by periodization? Write down the contents of different periods. 2+6=8
or

Discuss the concept of long term and short term plan in volleyball. 8
