

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

Time: 3 Hours

Full Marks: 40

Questions are of value as indicated in the margin.

Answer **one** question from each unit.

Unit-I

1. Prepare a project on organization of an Athletic Meet in brief. 8

or

Calculate the full stagger distances of a standard 400m track. 8

Unit-II

2. Describe the technique of non-visual exchange of Relay Race. 8

or

Diagrammically show the positions of hurdles of 100m and 400m hurdle races. Write down the situations when a hurdler is declared disqualified. 4+4=8

Unit-III

3. How will you teach Triple jump technique to the beginners? Discuss. 8

or

How a tie in high jump performance is resolved? Answer with the help of a table. 8

Unit-IV

4. Briefly describe the technique of shot put. 8

or

Write the common faults that are occurred in javelin throw and explain the ways to correct the faults. 8

Unit-V

5. Prepare a training schedule for a long jumper during competition period. 8

or

Describe different components of load. 8
