

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, JULY 2020**

M.P.Ed.

**Paper XII—RULES OF SPORTS AND GAMES**

Time : Three Hours

Maximum : 75 Marks

**1. Fill in the blanks :**

- (a) The minimum width of the long jump pit is \_\_\_\_\_.
- (b) Number of feathers in a standard badminton shuttle cork is \_\_\_\_\_.
- (c) In basketball illegal personal contact with or without ball is called \_\_\_\_\_.
- (d) Number of referees in a hand ball match are \_\_\_\_\_.
- (e) \_\_\_\_\_ size basketball are used for men and women.

(5 × 1 = 5 marks)

**2. Write answers in *one word* :**

- (a) What is the height of women's 400 mts hurdles ?
- (b) How far is the penalty spot from the goal post in Hand ball ?
- (c) What is the standard weight of the football ?
- (d) What is the distance between wickets in cricket ?
- (e) What is the restriction for jersey numbers in volleyball ?
- (f) In kho-kho how many members of the chasing teams are allowed ?
- (g) What is the weight specification for the relay baton ?
- (h) Within what time a team should make an attempt to shoot in basketball ?
- (i) How many umpires are needed for a Table Tennis match ?
- (j) Who will get the chance to serve in volleyball ?

(10 × 1 = 10 marks)

**Turn over**

## 3. Match the Following :

Table A	Table B
1 8 inches	1 28.5 inches.
2 Weight of the TT ball	2 Rotation.
3 Cross lanes in Kho-Kho	3 2.24 Mts.
4 Men's shot put	4 8 x 24 feet.
5 Plasticine marker	5 Eight.
6 Height of the wicket	6 2.7 grams.
7 Clockwise	7 Take off board.
8 Football goal post	8 16 Pounds.
9 Kabbaddi time out	9 Diameter of the Discus.
10 Women volley ball net height	10 30 Seconds.

(10 × 1 = 10 marks)

## 4. State True or False :

- (a) 5-1-5 is the extra time duration in a hand ball match. (True/False)
- (b) In volley ball rotation is done in anti clockwise direction. (True /False)
- (c) The overall width of the badminton racket should not exceed 230 mm. (True / False)
- (d) The thickness of all lines in football is 5 inches. (True/False)
- (e) The width of the Kho-Kho court is 18 mts. (True / False)

(5 × 1 = 5 marks)

## 5. Write Briefly :

- (a) Explain the role of libero in volley ball.
- (b) Explain penalty stroke in hockey
- (c) Explain the various types of dismissals in cricket

(3 × 5 = 15 marks)

6. Write short notes on any *five* questions :

- (a) What are the specifications of the volleyball ?
- (b) What is a technical foul in basketball ?
- (c) Write short notes on foul start ?
- (d) What are the situations to aware penalty throw in hand ball ?
- (e) Who is an active defender in Kho-Kho ?
- (f) Write short notes on LBW law in cricket ?
- (g) What are the violations in the walking events ?
- (h) What are the guidelines to conduct the heats ?

(5 × 3 = 15 marks)

7. Answer any *one* :

- (a) Draw a football field with dimensions and explain the various zones.

Or

- (b) Draw a neat diagram of the Kho-Kho court with all dimensions.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, JULY 2020**

M.P.Ed.

Paper XI—SPORTS SPECIALIZATION—Khabadi/Kho-Kho

Time : Three Hours

Maximum : 75 Marks

1. Fill in the blanks :

- (a) Dimension of the sub junior kho-kho court is \_\_\_\_\_ meters.
- (b) In kho-kho a team consists of \_\_\_\_\_ players.
- (c) \_\_\_\_\_ Number of sitting boxes are in kabaddi.
- (d) In kabaddi the cant is used by the \_\_\_\_\_.
- (e) \_\_\_\_\_ innings constitute a kho-kho match.

(5 × 1 = 5 marks)

2. Write answers in *one word* :

- (a) What is meant by "out of field" in kho-kho ?
- (b) What is reentry in Kho-kho ?
- (c) What is the dimension of the sitting box in kho-kho ?
- (d) In which year Indian kabaddi association was formulated ?
- (e) What is pole turn ?
- (f) What is the dimension of the men kabaddi court ?
- (g) What is a technical point in kabaddi ?
- (h) How many officials are necessary to officiate a kho-kho match.
- (i) Total number of time out in akabaddi match ?
- (j) Who is a raider in kabaddi ?

(10 × 1 = 10 marks)

**Turn over**

## 3. Match the Following :

Table A	Table B
1 Innings	1 Cross lanes.
2 KKFI	2 Nine minutes.
3 Eight	3 Kho-kho federation of India.
4 120-125 cms	4 Out.
5 Go and chase	5 Post height.
6 Innings	6 Offensive skill.
7 Seventh attack	7 29 Mts.
8 Short whistle	8 1960.
9 Kho Kho field length	9 Two turns.
10 First national Kho Kho Championship	10 Kho.

(10 × 1 = 10 marks)

## 4. State True or False :

- (a) Attackers can only be substituted in kho-kho -True/False
- (b) The width of the sub junior Kho-Kho court is 20 meters -True/False
- (c) The distance between the post line to end line is called the 'entry zone' - True/False
- (d) Three points are given as bonus points in kabaddi - True / False
- (e) Unlimited substitutions are allowed in kabaddi- True/False

(5 × 1 = 5 marks)

## 5. Write Briefly :

- (a) Explain the rules regarding substitution in kabaddi.
- (b) Explain the duration and breaks in a men kho-kho match.
- (c) Explain the method of tie breaking in a knock out tournament in kabaddi.

(3 × 5 = 15 marks)

6. Write short notes on any *five* of the following :

- (a) What is a bonus point in kabaddi ?
- (b) What are conditions of substitution in kho-kho ?
- (c) What is temporary suspension in kabaddi ?
- (d) Explain the duration of a men kho-kho match.
- (e) What is gross violation foul in kabaddi.
- (f) What are duties of the scorer in kabaddi.
- (g) Explain the term runner.
- (h) Explain third attack.

(5 × 3 = 15 marks)

7. Answer any *one* of the following :

- (a) Explain the duties of the officials in khu-kho.
- (b) Explain the offensive skills in Kabaddi and explain any *two*.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, JULY 2020**

M.P.E.d.

**Paper XI—SPORTS SPECIALIZATION—VOLLEYBALL**

Time : Three Hours

Maximum : 75 Marks

**I. Fill in the blanks :**

- 1 The pressure of the volley ball is \_\_\_\_\_.
- 2 The rotation takes place \_\_\_\_\_ direction.
- 3 Double touch is \_\_\_\_\_ allowed in volleyball
- 4 \_\_\_\_\_ players make up a volleyball team.
- 5 The first four games of a volleyball match are played for \_\_\_\_\_ points.

(5 × 1 = 5 marks)

**II Write answers in *one word* :**

- 1 Who invented the game volleyball ?
- 2 Libero in volleyball was introduced in the year ?
- 3 What are the 3 hits in a cycle ?
- 4 When does your team need to rotate ?
- 5 Who is called a Libero in a team ?
- 6 Name any one Dronacharya Awardee in volleyball ?
- 7 What are the types of passing ?
- 8 Who can come forward for blocking ?
- 9 How can a service performed ?
- 10 How many time outs can be taken in a set ?

(10 × 1 = 10 marks)

III. Match the Following :

Table A	Table B
1 When the ball hits the ground	1 Shuttle run.
2 Speed	2 Volleyball.
3 Jimmy George	3 Sit Up Test.
4 Agility	4 1964.
5 Mintonette	5 50 meters test.
6 G. E. Sridharan	6 Dead ball.
7 Muscular Endurance	7 Dronacharya award.
8 Volleyball in summer Olympics	8 Arjuna award.
9 Anaerobic Capacity	9 1.5 Mile Run.
10 Aerobic Capacity	10 Wingate Test.

(10 × 1 = 10 marks)

IV. State True or False :

- 1 A player can't spike a serve.
- 2 When performing the overhead serve, you cannot toss the ball in the air. True/False
- 3 When you serve the ball, you can step on the court line. True/False
- 4 Time out can be given at anytime in between the match. True/False
- 5 A player may hit the ball twice during a volley. True/False

(5 × 1 = 5 marks)

V. Write Briefly on :

- 1 What are the various types of blocking in volleyball ?
- 2 Describe the duties of the officials of volleyball match ?
- 3 Name the basic skills used in volleyball ?

(3 × 5 = 15 marks)



VI. Write short notes on any *five* of the following :

- 1 Define libero.
- 2 What is interval training.
- 3 What are the types of services in Volleyball ?
- 4 Can a back zone player participate in blocking from the front zone ? Explain why ?
- 5 What is the difference between a forearm pass and a dig ?
- 6 Name three players received the Arjuna award ?
- 7 Explain the duties of officials in beach volleyball ?
- 8 Write the Pre-requisite characteristics of a volleyball player ?

(5 × 3 = 15 marks)

VII. Answer any *one* of the following :

- 1 Write notes on organization of competition and explain types of competitions ?

Or

- 2 Explain the rules of volleyball and signals of referee in details ?

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, JULY 2020**

M.P.Ed.

**Paper XI—SPORTS SPECIALIZATION—HANDBALL**

Time : Three Hours

Maximum : 75 Marks

## 1. Fill in the blanks :

- a) A handball match requires \_\_\_\_\_ referees.
- b) \_\_\_\_\_ is the most effective shot to score a goal.
- c) The penalty spot is \_\_\_\_\_ meters away from the goal post.
- d) During a free throw a defensive player must give at least \_\_\_\_\_ gap.
- e) \_\_\_\_\_ is the height of the goal post.

(5 × 1 = 5 marks)

2. Write answers in *one word* :

- a) How many players will be there in a handball team ?
- b) How many seconds a player can hold the ball without dribbling ?
- c) What is the duration of the women handball match ?
- d) In which Olympics woman hand ball was introduced ?
- e) What is the weight of the men handball ?
- f) Who is allowed inside the 6 meter zone ?
- g) What is the thickness of the goalpost ?
- h) Within how much time a free throw must be taken after the referee whistle ?
- i) What is the circumference of the men handball ?
- j) What is the height of the handball goalpost ?

(10 × 1 = 10 marks)

**Turn over**

## 3. Match the Following :

Table A	Table B
1 9 metre line	(a) Minimum number of players.
2 Goal post	(b) Hitting or pushing.
3 Five	(c) Woman handball.
4 Greece	(d) Goal post.
5 Free throw	(e) Free throw.
6 54-56 cms	(f) Individual warning.
7 Dark and Light color	(g) Three.
8 Violation	(h) Free throw line.
9 Team warning	(i) Origin of handball.
10 One	(j) 2 × 3 metres.

(10 × 1 = 10 marks)

## 4. State True or False :

- a) An offensive player can take only three steps before dribbling. - True/False
- b) Diving for a loose ball is allowed in handball. - True/False
- c) The goalie can stand anywhere in the area during the penalty shoot out. - True/False
- d) IHF is the world governing body for handball in India. - True/False
- e) Throw in is given when the ball goes out of bound. - True/False

(5 × 1 = 5 marks)

## 5. Write Briefly :

- a) Explain the techniques involved in a jump shot.
- b) Explain any one defensive system in handball.
- c) Explain the throw in and throw off.

(3 × 5 = 15 marks)

6. Write short notes on any *five* questions :

- a) Explain the fast break.
- b) What is meant by goal keepers throw ?
- c) Explain penalty throw.
- d) Explain the substitution procedure in handball.
- e) Explain tie breaking in handball.
- f) Explain any two hand signals of the referee.
- g) Explain the technique of falling.
- h) What are the duties of the referee ?

(5 × 3 = 15 marks)

7. Answer any *one* :

- a) Explain the origin, history and development of the game of handball.

Or

- b) What is zone defense system 5 : 1 ? Explain its advantages and disadvantages.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, JULY 2020**

M.P.E.d.

**Paper XI—SPORTS SPECIALIZATION—FOOTBALL**

Time : Three Hours

Maximum : 75 Marks

**1. Fill in the blanks :**

- (a) The minimum height of the corner goal post is \_\_\_\_\_.
- (b) The 2018 world cup was conducted in \_\_\_\_\_ feet.
- (c) The thickness of the lines of the football field is \_\_\_\_\_.
- (d) The height of the goal post is \_\_\_\_\_.
- (e) \_\_\_\_\_ is the current men Olympic champion.

(5 × 1 = 5 marks)

**2. Write answers in *one word* :**

- (a) Who won the first football world cup ?
- (b) Which country won the most number of world cups ?
- (c) Who won the 1982 world cup ?
- (d) What is the duration of extra time in football ?
- (e) What is the national championship of football in India ?
- (f) How far is the penalty mark from the goal post ?
- (g) Total football was introduced by which country ?
- (h) What is the dimension of the goal post ?
- (i) Who created the world cup ?
- (j) Who won the 2018 world cup ?

(10 × 1 = 10 marks)

**Turn over**

## 3. Match the Following :

Table A	Table B
1 8 x 24	1 Play duration.
2 Three	2 Calcutta.
3 Zurich	3 1888
4 Salt lake stadium	4 2014
5 Half way line	5 Substitution.
6 Qatar	6 Two goals in a match.
7 Brace	7 Centerline.
8 45-10-45	8 2022 world cup.
9 Durand cup	9 FIFA.
10 ISL	10 Goal post.

(10 × 1 = 10 marks)

## 4. State True or False :

- (a) Germany won the woman Olympic gold in football at the Rio Olympics. True/False
- (b) Hatrick means scoring three consecutive goals in football. True/False
- (c) Furibo is the first football player to get the knighthood. True/False
- (d) Mumbai is called the Mecca of football in India. True/False
- (e) Green color balls can also be used in matches. True/False

(5 × 1 = 5 marks)

## 5. Write Briefly :

- (a) Explain the dimensions of the goal and penalty area.
- (b) Explain the history of football in India.
- (c) Explain any *two* defensive tactics.

(3 × 5 = 15 marks)

6. Write short notes on any *five* questions :

- (a) What is a game analysis ?
- (b) What are the responsibilities of the line referee ?
- (c) What are the various systems of play in football ?
- (d) Explain dribbling.
- (e) What are the official signals of football ?
- (f) Write short notes on fundamental skills of football ?
- (g) Write about the governing setup for football in India.
- (h) What are the qualities of a football official ?

(5 × 3 = 15 marks)

7. Answer any *one* :

- (a) Explain the organizational setup for governing football in the world.

*Or*

- (b) Explain the duties of the various officials in football.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, JULY 2020**

M.P.Ed.

**Paper XI—SPORTS SPECIALIZATION—CRICKET**

Time : Three Hours

Maximum : 75 Marks

**1. Fill in the blanks :**

- (a) Weight of the cricket ball is \_\_\_\_\_.
- (b) Length cricket of bat is \_\_\_\_\_.
- (c) There are \_\_\_\_\_ umpires in the field of play.
- (d) Toss takes place in the \_\_\_\_\_.
- (e) Height of the stumps is \_\_\_\_\_.

(5 × 1 = 5 marks)

**2. Write answers in *one word* :**

- (a) How many runs scored, when the batsman out by a fair catch ?
- (b) Who hosted first t-20 world cup.
- (c) How many players consist a team ?
- (d) What is the distance between the two wickets ?
- (e) BCCI abbreviate.
- (f) Length of the popping crease.
- (g) Which two countries play the Ashes ?
- (h) If a batsman is out on the very first ball he faced, what is it called ?
- (i) When will the umpires changes ends ?
- (j) What is Sachin Tendulkar's full name ?

(10 × 1 = 10 marks)

**Turn over**



## 3. Match the Following :

Table A

- 1 LBW
- 2 No ball
- 3 Highest individual score in first class cricket
- 4 Fastest century in ODI cricket
- 5 First hat-trick in ODI world cup
- 6 Deliberate short runs
- 7 Abuse language
- 8 Ball bouncing more than twice before popping crease
- 9 Ball bounces above the head
- 10 Ball lodges in the clothing of the fielder

Table B

- 1 No ball.
- 2 Chetan Sharma.
- 3 Penalty runs.
- 4 Leg before wicket.
- 5 Brian Lara.
- 6 Against the spirit of the game.
- 7 Free hit.
- 8 AB de Villiers.
- 9 Dead ball.
- 10 Wide ball.

(10 × 1 = 10 marks)

## 4. State True or False :

- (a) 6 penalty runs awarded for ball striking the helmet. True/False
- (b) A batsman may be given out by on a no ball. True/False
- (c) All No balls - free hit. True/False
- (d) In the One Day Internationals, a bowler can bowl a maximum of 10 overs. True/False
- (e) Wankhede Stadium is in Calcutta. True/False

(5 × 1 = 5 marks)

## 5. Write briefly on :

- (a) Explain duties of the umpires.
- (b) Define the qualities and duties of the captain.
- (c) Injuries in cricket—Explain.

(3 × 5 = 15 marks)

6. Write short notes on any *five* of the following :

- (a) Officials in cricket.
- (b) Define Training Method in cricket.
- (c) Define bad captaincy.
- (d) List out the essential equipment in cricket.
- (e) Explain Fair catch.
- (f) Explain Hit Wicket.
- (g) What is a Turf Wicket.
- (h) Explain In swing.

(5 × 3 = 15 marks)

7. Answer any *one* of the following :

- (a) Explain the types of dismissals in cricket.
- (b) Explain in details the history of Indian cricket.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, JULY 2020**

M.P.Ed.

**Paper XI—SPORTS SPECIALIZATION—BASKETBALL**

Time : Three Hours

Maximum : 75 Marks

## 1. Fill in the blanks :

- a) \_\_\_\_\_ won both the men and woman basketball gold in the Rio Olympics.
- b) \_\_\_\_\_ is the duration of each quarter.
- c) Incidental contact is not a \_\_\_\_\_.
- d) Basketball is the most popular and widely followed game in the \_\_\_\_\_.
- e) Infraction of rules is termed as \_\_\_\_\_.

(5 × 1 = 5 marks)

2. Write answers in *one word* :

- a) For how many seconds a player can hold the ball before releasing ?
- b) Where is the headquarters of FIBA located ?
- c) During which year 3 × 3 basketball was introduced in the Asian games ?
- d) How many substitutions are allowed in a basketball match ?
- e) Write down any one common injury in basketball ?
- f) What is the official signal for substitution ?
- g) NBA is a popular tournament of which country ?
- h) Who was the inventor of basketball ?
- i) In which year basketball was introduced in the Olympics ?
- j) What is the name of the violation when a player moves more than two steps with the ball ?

(10 × 1 = 10 marks)

**Turn over**

## 3. Match the Following :

Table A	Table B
1 Starting the game	(a) Charging.
2 Invention of basketball	(b) Supervisor.
3 Preparation	(c) Foul.
4 Olympic men champion	(d) 1.05 metres.
5 Infraction of rules	(e) 1950.
6 Illegal personal contact	(f) Pre-season.
7 Height of the back board	(g) 3.05 metres.
8 Height of the ring	(h) USA.
9 IBA	(i) Jump ball.
10 Commissioner	(j) 1891.

(10 × 1 = 10 marks)

## 4. State True or False :

- a) The referee can stop the game if a player is injured. - True/False
- b) The game starts with a side throw. - True/False
- c) Iran won the men's gold in the Jakarta Asian games. - True/False
- d) Angle sprain is the most common injury in basketball. - True/False
- e) The height of the back board is 1.80 meters. - True/False

(5 × 1 = 5 marks)

## 5. Write Briefly :

- a) Explain the functions of FIBA.
- b) Explain the player positions in basketball.
- c) Explain the fundamental skills of basketball.

(3 × 5 = 15 marks)

6. Write short notes on any *five* questions :

- a) What is extra time ?
- b) What are the dimensions of the basketball court ?
- c) Write short notes on front court.
- d) What is a throw in ?
- e) Write short notes on playing time.
- f) What is technical foul ?
- g) What is meant by tactics ?
- h) What is the procedure for substitution ?

(5 × 3 = 15 marks)

7. Answer any *one* :

- a) Explain in detail the duties of the officials in Basketball.

*Or*

- b) Draw a neat diagram of Basketball court with dimensions and markings.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, JULY 2020**

M.P.Ed.

Paper XI—SPORTS SPECIALIZATION—TRACK AND FIELD

Time : Three Hours

Maximum : 75 Marks

## I. Fill in the blanks :

- 1) Heptathlon consists of \_\_\_\_\_ events.
- 2) The width of the lane is \_\_\_\_\_.
- 3) Colored lines are used to mark \_\_\_\_\_.
- 4) The starting stagger used for 200 mts is \_\_\_\_\_.
- 5) The formula for one and half stagger is \_\_\_\_\_.

(5 × 1 = 5 marks)

II. Write answers in *one* word :

- 1) What does boxed mean ?
- 2) What is an anchor ?
- 3) What is the most popular Olympic athletic event ?
- 4) What is a scratch ?
- 5) Where should the runner look when hearing the command, "Set" ?
- 6) Why are staggered starts used ?
- 7) What are the two main categories in athletics ?
- 8) What are the standard races in Hurdles ?
- 9) Expand MDR.
- 10) The start used for the 5000 mts race.

(10 × 1 = 10 marks)

III. Match the Following :

Table A	Table B
1 Triple jump	1 Baton exchange.
2 Plasticine indicator	2 100 mts.
3 Relay	3 not less than 10 kg.
4 Take over zone	4 Hop Step Jump.
5 Kerb	5 10 events.
6 Weight of the hurdle	6 Take off board.
7 Fastest event	7 10000 mts.
8 Decathlon	8 18 hurdle jump and 5 water jump.
9 Arc start	9 Team event.
10 2000 mts	10 Inside of the track.

(10 × 1 = 10 marks)

IV. State True or False :

- 1) Aerobic Exercise is exercise that takes place over a longer period of time, involves endurance, and is performed with oxygen. - True / False
- 2) There are 9 (nine) events in the decathlon. - True / False
- 3) Only 15 minutes will be given between two events for individual athlete. - True / False
- 4) The time shall be taken from the flash/smoke of the gun. - True / False
- 5) If all the three watches disagree, middle time shall be official. - True / False

(5 × 1 = 5 marks)

V. Write Briefly on :

- 1) Why is flexibility a major objective in conditioning ?
- 2) What is the purpose of warming up ?
- 3) Which occurrence is a foul in all throwing events ?

(3 × 5 = 15 marks)

VI. Write short notes on any *five* of the following :

- 1) Write short notes on Speed.
- 2) Mention the types of relay exchange ?
- 3) How is a runner disqualified in the 100-meter dash ?
- 4) Write short notes on fitness components.
- 5) Order of events-Pentathlon.
- 6) Write short notes on Athletic injuries and prevention.
- 7) Write short notes on Preparatory training of athletes.
- 8) Define endurance.

(5 × 3 = 15 marks)

VII. Answer any *one* of the following :

- 1) Explain the Pedagogic principles of Track and Field training.
- 2) Explain the Rules of athletics Field events.

(1 × 15 = 15 marks)



**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, JULY 2020**

M.P.Ed.

Paper X—SPORTS MEDICINE

Time : Three Hours

Maximum : 75 Marks

## 1. Fill in the blanks :

- (a) A strain is an injury to \_\_\_\_\_.
- (b) \_\_\_\_\_ are Involuntary spasmodic contraction of the muscle.
- (c) \_\_\_\_\_ is the form of physiotherapy that takes place in water.
- (d) \_\_\_\_\_ is a superficial wound.
- (e) Blister is a \_\_\_\_\_ injury.

(5 × 1 = 5 marks)

2. Write answers in *one word* :

- (a) What is the normal frequency of therapeutic ultrasound ?
- (b) What are the building blocks of the body tissues ?
- (c) Help given to a sick or injured person until full medical treatment is available.
- (d) What is meant by RICE ?
- (e) What is meant by PNF ?
- (f) Heroin, cocaine, ecstasy and LSD are listed as.
- (g) An injury to muscle is.
- (h) What is the name of the condition when the tissue connecting the muscle to the bone gets inflated.
- (i) What is meant by IRR ?
- (j) Where does whiplash injury occurs ?

(10 × 1 = 10 marks)

**Turn over**

## 3 Match the Following :

Table A	Table B
1 Dislocation	1 Fracture.
2 Injury to the neck	2 Sun.
3 Building block	3 PNF stretching.
4 Ultra violet rays	4 Muscle stimulator.
5 Laceration	5 Displacement of bone from joint.
6 Break in the bone	6 Frostbite.
7 Flexibility	7 Cold injury.
8 TENS	8 Skin wound.
9 Hypothermia	9 Whiplash injury.
10 Cold injury	10 Protein.

(10 × 1 = 10 marks)

## 4. State True or False :

- (a) Calf muscle is the common site for cramping in sports.
- (b) Skin abrasion is deep wound to the skin.
- (c) 4Mhz is the normal frequency of therapeutic ultrasound.
- (d) Skin abrasion is deep wound to the skin.
- (e) Achilles tendinitis is common back injury.

(5 × 1 = 5 marks)

## 5. Write Briefly :

- (a) Explain the first aid for shoulder and back injuries.
- (b) Explain doping and its consequences.
- (c) Explain the type of injuries related to hot and humid temperature.

(3 × 5 = 15 marks)

6. Write short notes on any *five* questions :

- (a) Write short notes on PNF stretching. .
- (b) Write short notes on dislocation.
- (c) Write short notes on interferential therapy
- (d) Write short notes on muscle cramps.
- (e) Write short notes on shin splints.
- (f) List down the uses of warming up ?
- (g) Write short notes on First aid ?
- (h) Write short notes on First degree burn ?

(5 × 3 = 15 marks)

7. Answer any *one* :

- (a) What are ergogenic aids ? Explain its uses and abuses.

Or

- (b) Explain the golden rule of first aid and the role of the first aider.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION  
APRIL 2021**

M.P.Ed.

Paper XII—RULES OF SPORTS AND GAMES

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

## 1. Fill in the blanks :

- (a) \_\_\_\_\_ run is scored for deliberately padding a no ball in cricket.
- (b) The base of the shuttle cork is \_\_\_\_\_ in diameter.
- (c) The dimension of the handball court is \_\_\_\_\_.
- (d) The height of the table tennis table is \_\_\_\_\_.
- (e) The number of substitutes in basketball is \_\_\_\_\_.

(5 × 1 = 5 marks)

## 2. Write answers in one word :

- (a) What is the duration of the men's kabaddi match ?
- (b) Who makes the decision to declare an innings in cricket ?
- (c) What is the distance between penalty mark and goal post in foot ball ?
- (d) How many sitting blocks will be there in Kabbaddi ?
- (e) Number of players fielded in a hockey match per team ?
- (f) How many substitutions can be made in Foot ball match ?
- (g) How many referees will be needed for a handball match ?
- (h) What is the restriction for jersey numbers in volleyball ?
- (i) What is the height of the wicket including bails in cricket ?
- (j) What is the weight specification for the relay baton ?

(10 × 1 = 10 marks)

## 3. Match the Following :

<i>Table A</i>	<i>Table B</i>
1 Diameter of the discus	1 Zone one player
2 Specialized defense player	2 Volley ball
3 Full marathon	3 Basket ball
4 Plasticine marker	4 Cricket
5 Eight	5 Libero
6 Server	6 Weight of the TT ball.
7 2.7 grams	7 Cross lanes in Kho-Kho.
8 Rally system	8 8 inches.
9 Five seconds rule	9 42.195 Kilometers.
10 Power play	10 Take off board.

(10 × 1 = 10 marks)

## 4. State True or False :

- (a) The height of women's 400 mts hurdles is 76 centimeters. (True / False)
- (b) In basketball a team should make an attempt to shoot within 40 seconds. (True / False)
- (c) Lines in badminton courts are 38 mm in thick. (True / False)
- (d) The width of the table tennis table is 1.65 meters. (True / False)
- (e) Number of feathers in a standard shuttle cork is sixteen. (True / False)

(5 × 1 = 5 marks)

## 5. Write Briefly :

- (a) Explain with a diagram the dimensions of the basketball backboard.
- (b) Explain the duties of the judges at the finish.
- (c) What are the 'dos' and 'don'ts' of libero in volleyball.

(3 × 5 = 15 marks)

6. Write short notes on any *five* questions :

- (a) What are the privileges for the goal keeper in Hockey ?
- (b) What is team time out in volleyball?
- (c) What is power play in cricket?
- (d) Who is an active defender in Kho-Kho ?
- (e) List down the events of Decathlon.
- (f) Write short notes on fouls in basketball
- (g) What are the specifications of a volleyball net ?
- (h) Write short notes on foul start

(5 × 3 = 15 marks)

7. Answer any one :

- (a) Explain the process of tie breaking in high jump with suitable example.

*Or*

- (b) Draw a neat diagram of the cricket field with dimensions and mark the various fielding positions.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, APRIL 2021**

M.P.Ed.

Paper XI—SPORTS SPECIALIZATION—SHUTTLE BADMINTON

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

## 1. Fill in the blanks :

- a) The height of the badminton post is \_\_\_\_\_.
- b) Line width of badminton court \_\_\_\_\_.
- c) In a shuttle cock \_\_\_\_\_ number of feathers.
- d) In which country badminton was first originated \_\_\_\_\_.
- e) The International Badminton Federation was formed in \_\_\_\_\_.

(5 × 1 = 5 marks)

2. Write answers in *one word* :

- a) Name badminton tournament conducted only for women.
- b) The diameter of shuttle cock base.
- c) Expand BAI.
- d) Which Olympics, badminton first contested as an official Olympic sport.
- e) Number of men team members in an inter collegiate Championship.
- f) Define rally.
- g) Parts of the Badminton racket.
- h) Width of the side box.
- i) Depth of badminton net.
- j) Overall length and width of a straight area in a Badminton racket.

(10 × 1 = 10 marks)

**Turn over**

## 3. Match the Following :

A	B
1 Short service line	I Indonesia.
2 P V Sindhu	II All England winner 1980.
3 Saina Nehwal	III Australian open.
4 Back box	IV Malasia.
5 Thoufeequeq Hidayath	V 1.98 m.
6 Lee Chong Wey	VI 2009-2010
7 Prakash Padukon	VII Singapore open.
8 Prakash Nanth	VIII 2015-2016.
9 Sai Praneeth	IX 0.76 cm.
10 K Sreekanth	X All England runner up 1947.

(10 × 1 = 10 marks)

## 4. State True or False :

- The shuttle cock travel downward with great force is called drive.
- Slinging is an example of a violation of the rules.
- Service is the most important short in badminton.
- The width of the singles court is 5.19m.
- In doubles match the hitting partner's racket is violation.

(5 × 1 = 5 marks)

## 5. Write Briefly :

- Explain different types of backward service.
- Explain drop short.
- Briefly explain the maintenance of a wooden badminton court.

(3 × 5 = 15 marks)



6. Write short notes on any *five* questions :

- a) Service faults.
- b) Duties of service judge.
- c) Testing of shuttle cocks for speed.
- d) Briefly explain the scoring system.
- e) Explain 'Let'.
- f) Commands of an umpire before starting a match.
- g) Mixed doubles badminton strategies.
- h) Briefly explain the officiating signs used in Badminton.

(5 × 3 = 15 marks)

7. Answer any *one* :

- a) Draw a neat diagram of badminton court with proper markings and explain French Short Service Test.

Or

- b) Explain the major injuries of Badminton players and its Rehabilitation.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION  
APRIL 2021**

M.P.Ed.

Paper XI—SPORTS SPECIALIZATION—KHABADI/KHO-KHO

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

## 1. Fill in the blanks :

- (a) Time between the turns and innings is known as \_\_\_\_\_.
- (b) \_\_\_\_\_ players form the chasing team
- (c) \_\_\_\_\_ is the duration of time out in kabaddi
- (d) The distance between the end line and the post is \_\_\_\_\_.
- (e) \_\_\_\_\_ is the color of the card shown for warning in kabaddi.

(5 × 1 = 5 marks)

## II. Write answers in one word :

- (a) What is entry zone' in kho-kho ?
- (b) What is a cross lane in Kho-kho ?
- (c) What is reentry in Kho-kho ?
- (d) What is meant by KKFI ?
- (e) How many cross lanes will be there in a kho-kho court ?
- (f) In which year Indian kabaddi association was formulated ?
- (g) Define bonus point.
- (h) What is the tie breaking solution for a knock out kho-kho tournament ?
- (i) How many chasers will be there in a kho-kho match ?
- (j) In Kho-Kho how will you decide choice of chasing or running for a team ?

(10 × 1 = 10 marks)

**Turn over**

## 3. Match the Following :

Table A

- 1 Go and chase
- 2 Innings
- 3 120-125 cms
- 4 6
- 5 Sitting box
- 6 'o' in the score sheet
- 7 Nine minutes
- 8 First national Kho-Kho Championship
- 9 Eight
- 10 K.D.Narulkar

Table B

- 1 Post height.
- 2 Total officials in kho-kho.
- 3 30 x 35 centimeters.
- 4 Two Turns.
- 5 1960.
- 6 Innings.
- 7 Cross lanes.
- 8 Father of Kho-Kho.
- 9 Technical point.
- 10 Kho.

(10 × 1 = 10 marks)

## 4. State True or False :

- (a) Chasers can also be substituted in kho-kho. True/False.
- (b) Dimension of the sub junior kho-kho court is 23 × 14 meters. True/False.
- (c) The diameter of the kho-kho post is 10 – 15 centimeters. True/False.
- (d) The dimension of women kabaddi court is 13 × 10 mts. True/False.
- (e) The first ever rules on Kho-Kho were published in 1924. True/False.

(5 × 1 = 5 marks)

## 5. Write Briefly :

- (a) Explain the rules regarding time out in kabaddi.
- (b) Explain technical point in kabaddi.
- (c) Explain the fouls in Kho-Kho.

(5 × 3 = 15 marks)

6. Write short notes on any *five* of the following :

- (a) Explain the duration and breaks of a men kho-kho match.
- (b) What is gross violation foul in kabaddi ?
- (c) In kho-kho what are the condition for substitution ?
- (d) Explain third attack.
- (e) Explain double chain in Kho-Kho.
- (f) Explain gross violation foul in kabaddi.
- (g) What are the rules to be followed by a active chaser ?
- (h) Write short notes on permitted time intervals in kho-kho.

(5 × 3 = 15 marks)

7. Answer any *one* of the following :

- (a) Explain the History and origin of the game of Kho-Kho.
- (b) Draw a neat diagram of the men Kabaddi court with sitting blocks.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, APRIL 2021**

M.P.Ed.

Paper XI—SPORTS SPECIALIZATION-VOLLEY BALL

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

## I. Fill in the blanks :

- 1 \_\_\_\_\_ got the first Arjuna award.
- 2 Length of the volleyball court is \_\_\_\_\_.
- 3 The size of the net mesh is \_\_\_\_\_.
- 4 The rotation in volleyball is in \_\_\_\_\_ direction.
- 5 The international volleyball controlling authority is \_\_\_\_\_.

(5 × 1 = 5 marks)

II. Write answers in *one* word :

- 1 What is ball in play in volley ball ?
- 2 Who is the father of volleyball ?
- 3 How many players will be in the playing court including the libero ?
- 4 Libero in volleyball was introduced in the year ?
- 5 How many umpires are needed for a volleyball Match ?
- 6 When a player serves the ball and the opposing team is unable to pass it is known as.
- 7 What is the distance between the pole and side line ?
- 8 What is the circumference of the ball ?
- 9 What is the duration of the time out in a set ?
- 10 What part of your hand should you use when setting the ball ?

(10 × 1 = 10 marks)

**Turn over**

III. Match the following :

Table A	Table B
1 Jimmy George	1 Spike
2 Skinfold caliper	2 Cracked
3 Fracture	3 Height of the body
4 Attack	4 Arjuna award, 1976
5 K.J.Kapil dev	5 260g-280g
6 Antenna	6 Displacement
7 Tom joseph	7 Body fat
8 Dislocation	8 Arjuna award,2014
9 Stadio meter	9 Boundary line in air
10 Ball	10 Arjuna award, 2010

(10 × 1 = 10 marks)

IV. State True or False :

- 1 Volleyball was invented in 1885 - True / False
- 2 Volleyball became in Olympic sports in 1964 - True / False
- 3 Beach volleyball was added to the Olympic in 1988 - True / False
- 4 The ball still in play if it bounces off someone's foot - True / False
- 5 It is legal to touch the net while playing the ball - True / False

(5 × 1 = 5 marks)

V. Write Briefly on :

- 1 Explain the history of volleyball in ancient and modern Olympics.
- 2 Explain the duties of volleyball referee.
- 3 What is tactics ? Explain one offensive tactics.

(3 × 5 = 15 marks)

VI. Write short notes on any *five* of the following :

- 1 What is meant by service reception ?
- 2 Define functional training.
- 3 Differentiate between attack test and defense test.
- 4 What is the characteristics of sports training.
- 5 Define motor ability.
- 6 Define dig pass.
- 7 Name two Dronachariya award winners.
- 8 Write short notes on the importance of warming up in volleyball.

(5 × 3 = 15 marks)

VII. Answer any *one* of the following :

- 1 Explain the methods of teaching the defense system.

*Or*

- 2 Explain a specific skill test for volleyball.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, APRIL 2021**

M.P.Ed.

Paper XI—SPORTS SPECIALIZATION—HAND BALL

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

## 1. Fill in the blanks :

- a) A \_\_\_\_\_ is awarded when a foul destroys the chance of scoring a goal
- b) \_\_\_\_\_ is the distance of the goal keepers resting line from the goalpost.
- c) A free throw must be taken within \_\_\_\_\_ of the official's whistle.
- d) A handball match starts with a \_\_\_\_\_.
- e) Only \_\_\_\_\_ is allowed inside the six meter area.

(5 × 1 = 5 marks)

2. Write answers in *one word* :

- a) What is the weight of the men handball ?
- b) When was handball first introduced in the Olympics ?
- c) What does IHF stands for ?
- d) What is the extra time duration of the handball match ?
- e) What is the minimum distance to be maintained by a defense player during a free throw ?
- f) What does HFI stands for ?
- g) What type of tactics is screening ?
- h) External measurement of the goal post ?
- i) How many officials will be involved in a handball match ?
- j) Who is the current Olympic woman champion ?

(10 × 1 = 10 marks)

**Turn over**



## 3. Match the Following :

Table A	Table B
1 Men handball match	1 Three.
2 Goalpost	2 8 centimeters.
3 400 grams	3 Greece.
4 Number of warning per team	4 Violation.
5 Free throw	5 Court dimension.
6 Origin of handball	6 Dark and light color.
7 Thickness of the goal post	7 Offensive play.
8 20 × 40 meters	8 Olympic champion.
9 Hand off	9 30 -10 30.
10 Denmark	10 Women handball.

(10 × 1 = 10 marks)

## 4. State True or False :

- a) The distance between the two ends of the goal post is four meters. - True / False.
- b) Hand ball court measures 30 × 40 meters. - True / False.
- c) The circumference of the women hand ball is 54-56 centimeters. - True / False.
- d) The goalie is eligible to become a team player. - True / False.
- e) A free throw must be taken within two seconds of referee's whistle. - True / False.

(5 × 1 = 5 marks)

## 5. Write Briefly :

- a) Explain the duties of the time keeper and scorer.
- b) Explain passive play.
- c) List down the violations and explain any two.

(3 × 5 = 15 marks)

6. Write short notes on any *five* questions :

- a) Explain two minutes suspension rule.
- b) Explain dribbling.
- c) What is an attack in hand ball ?
- d) What is a fast break ?
- e) What is a penalty throw ?
- f) What is meant by exclusion ?
- g) Write short notes on the national governing body for handball.
- h) What is passive play ?

(5 × 3 = 15 marks)

7. Answer any *one* :

- a) Explain the history and development of hand ball in India and Asia.

Or

- b) Draw a neat diagram of the handball court with all specifications.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION  
APRIL 2021**

M.P.Ed.

Paper XI—SPORTS SPECIALIZATION—FOOT BALL

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

1. Fill in the blanks :

- (a) The game of football starts with the \_\_\_\_\_.
- (b) \_\_\_\_\_ officials are needed for a football match.
- (c) The penalty spot is \_\_\_\_\_ away and in front of the goal post
- (d) Football world cup is conducted once in \_\_\_\_\_ years.
- (e) All lines in a football fields are \_\_\_\_\_ inches in thick.

(5 × 1 = 5 marks)

2. Write answers in one word :

- (a) Who was the 2017 Santhosh Trophy champion ?
- (b) What is the dimension of the goal post ?
- (c) What is the minimum height of the corner flag post ?
- (d) How many substitutions can be made in a football match ?
- (e) What is the circumference of the football ?
- (f) What is the award given to a player for scoring maximum number of goals in a world cup ?
- (g) Which country organized the 2018 FIFA world cup ?
- (h) Total football was introduced by which country ?
- (i) Which country will host the 2022 world cup ?
- (j) What is the height of the lower edge of the goal post ?

(10 × 1 = 10 marks)

**Turn over**

## 3. Match the Following :

<i>Table A</i>	<i>Table B</i>
1 24 feet	1 Argentina.
2 FIFA	2 Uruguay.
3 Brazil	3 Eight feet.
4 Two goals in a match	4 4-3-2-1.
5 Six yard box	5 Sidelines.
6 Defensive system	6 Switzerland.
7 Side boundaries	7 Goal area.
8 Goal post height	8 Brace.
9 Maradona	9 Goal post width.
10 First world cup winner	10 Olympic champion.

(10 × 1 = 10 marks)

## 4. State True or False :

- (a) The duration of the football match is 40-10-40.
- (b) A match will be restarted after an unwanted interruption by drop ball.
- (c) Brazil won the most number of world cups.
- (d) The standard weight of the football is 450-480 grams.
- (e) AFC stands for African Football Confederation.

(5 × 1 = 5 marks)

## 5. Write Briefly :

- (a) Explain zonal marking.
- (b) Explain the circumstances for awarding a penalty.
- (c) Explain the specifications of a soccer ball.

(3 × 5 = 15 marks)

6. Write short notes on any *five* questions :

- (a) Write short notes on any *two* football tournaments in India.
- (b) What do you mean by game analysis?
- (c) What are the various systems of play in football?
- (d) Explain combined skill?
- (e) Write short notes on goal keeping skill.
- (f) Briefly explain the official signals in football.
- (g) Write short notes on the organizational set up for football in India.
- (h) What are the fundamental skills of football?

(5 × 3 = 15 marks)

7. Answer any *one* :

- (a) What is offensive system of play in football? Explain any *one* of them.

*Or*

- (b) Draw a neat diagram of the football field with all the specifications.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, APRIL 2021**

M.P.Ed.

Paper XI—SPORTS SPECIALIZATION-CRICKET

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

## 1. Fill in the blanks :

- a) The father of Indian Cricket is \_\_\_\_\_.
- b) A leg spinner's Off-spin is \_\_\_\_\_.
- c) The 1999 world cup was won by \_\_\_\_\_.
- d) The umpire at the striker end will call \_\_\_\_\_ at start of the innings.
- e) Wankhede Stadium is located in \_\_\_\_\_.

(5 × 1 = 5 marks)

2. Write answers in *one* word :

- a) Who wrote the book "One More Over is a book" ?
- b) Who won the World Cup in 1992 ?
- c) What is the length of the cricket pitch ?
- d) When an innings is considered to have been completed ?
- e) Which cricket player was nicknamed 'The Little Master' ?
- f) If the fielding side believes that the batsman is out 'stumped', to whom do they make an appeal ?
- g) The score is recorded by whom ?
- h) How many runs does the batting side get if a wide is bowled and the ball goes to the boundary ?
- i) What does it mean when the umpire calls "over" ?
- j) What is the umpire signaling by raising both hands above his head ?

(10 × 1 = 10 marks)

**Turn over**

3. Match the following :

Table A

- 1 Nomination of players
- 2 Innings completed
- 3 Ball becomes automatically dead
- 4 Batsman stealing run
- 5 Rolling the pitch
- 6 Batsman is out without facing a ball
- 7 Ball bouncing more than twice
- 8 Multiday matches
- 9 Ball lost
- 10 The ball ceases to be dead

Table B

- 1 Ball reaches boundary
- 2 No ball
- 3 Not more than 7 minutes
- 4 More than a day
- 5 Before the toss
- 6 When bowler starts his run up
- 7 Penalty runs awarded to fielding team
- 8 Runout
- 9 The side is all out
- 10 6 runs + completed runs

(10 × 1 = 10 marks)

4. State True or False :

- |   |              |
|---|--------------|
| a) BCCI formed in the year - 1930                                 | - True/False |
| b) Sachin played his first One day international against Pakistan | - True/False |
| c) C K Nayudu was the first captain of Indian Test team           | - True/False |
| d) Indian cricketer Sunil Gavaskar is known as "Brown Bradman"    | - True/False |
| e) A batsman can be stumped on a wide ball                        | - True/False |

(5 × 1 = 5 marks)

5. Write Briefly on :

- a) Explain the History of Indian cricket.
- b) Explain the importance of Warm up.
- c) List out the major Tournament organized by BCCI.

(3 × 5 = 15 marks)

6. Write short notes on any *five* of the following :

- a) Dimension of Wicket.
- b) Define out swing delivery.

- c) Define Interruption in cricket.
- d) Importance of Teaching Aids.
- e) Explain any two signals given by the umpire.
- f) Explain Training method.
- g) Define umpire.
- h) Define Wicketkeeper.

(5 × 3 = 15 marks)

7. Answer any *one* of the following :

- a) Draw and explain the Dimension of cricket field with players position.
- b) Explain in details of Psychological qualities and skill training in modern cricket.

(1 × 15 = 15 marks)



**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, APRIL 2021**

M.P.Ed.

Paper XI—SPORTS SPECIALIZATION—BASKET BALL

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

## 1. Fill in the blanks :

- a) A player can hold the ball for \_\_\_\_\_ seconds before releasing.
- b) The length of the basketball court is \_\_\_\_\_ meters.
- c) The height of the basket is \_\_\_\_\_ meters.
- d) Crossed forearm is the signal for \_\_\_\_\_.
- e) Five seconds closely guarded rule is applicable in the \_\_\_\_\_.

(5 × 1 = 5 marks)

2. Write answers in *one word* :

- a) What does FIBA stands for ?
- b) What is the duration of each quarter ?
- c) In which year basketball was first introduced in the Olympics ?
- d) What is the length of the back board ?
- e) Which country won the men basketball gold in the Rio Olympics ?
- f) What is the name of the violation when a player moves more than two steps with the ball ?
- g) When was IBA established ?
- h) What is the punishment for two technical fouls ?
- i) Who was the first Arjuna award winner in Basketball ?
- j) Where in India basketball first played ?

(10 × 1 = 10 marks)

**Turn over**

## 3. Match the Following :

Table A	Table B
1 Asian Men Champion	1 Common injury.
2 Invention of Basketball	2 USA.
3 Supervisor	3 Back court.
4 Incidental contact	4 Give and go.
5 NBA	5 Commissioner.
6 Exchange of baskets	6 Not violation.
7 Eight seconds	7 Substitution.
8 Pass and cut	8 1891.
9 Unlimited	9 China.
10 Angle sprain.	10 Half time.

(10 × 1 = 10 marks)

## 4. State True or False :

- a) FIBA headquarters is located in Switzerland.-True/False
- b) 3 × 3 basket ball was introduced in the Asian games during 2014.-True/False
- c) Only eight substitutions are allowed in a match.-True/False
- d) A player can intentionally kick the ball.-True/False
- e) The best guard player must be the ball controller of the team.-True/False

(5 × 1 = 5 marks)

## 5 Write Briefly :

- a) Explain the different types of violations in basketball.
- b) Explain two defensive drills.
- c) Explain the qualities and qualifications of a coach.

(3 × 5 = 15 marks)

6 Write short notes on any *five* questions :

- a) What is a technical foul ?
- b) Write short notes on screening.
- c) What is tied score ?
- d) What is extra time ?
- e) What is the procedure to make a protest ?
- f) Write short notes on NBA.
- g) What are the ways to prevent injuries in basketball ?
- h) List down three Arjuna awardees in basketball.

(5 × 3 = 15 marks)

7. Answer any *one* :

- a) Explain the duties of the officials in basketball.

*Or*

- b) Explain the scoring procedure in basketball.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION  
APRIL 2021**

M.P.Ed.

Paper XI—SPORTS SPECIALIZATION—TRACK AND FIELD

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

## I. Fill in the blanks :

- 1 The standard track is \_\_\_\_\_ size.
- 2 The track should be laid in \_\_\_\_\_.
- 3 All races should have common \_\_\_\_\_.
- 4 The inside curved part of the track can be used for \_\_\_\_\_.
- 5 Minimum length required for laying 400 mts track is approximately \_\_\_\_\_.

(5 × 1 = 5 marks)

## II. Write answers in one word

- 1 Expand RDR ?
- 2 What is the length of the straight in standard 400 mts track ?
- 3 Name any *two* games that can be conducted inside area of 400 mts track ?
- 4 How many lanes consist of a standard 400 mts track ?
- 5 What WADA ?
- 6 Stagger used for 200 mts start.
- 7 Name the hurdle events for women.
- 8 What is the height of the hurdle in the 400 mts hurdles ?
- 9 The standard height of the men 110 mts hurdles event.
- 10 The distance between starting point to the first hurdle in 100 mts hurdle event.

(10 × 1 = 10 marks)

**Turn over**

## III. Match the Following :

<i>Table A</i>	<i>Table B</i>
1 Width of the hurdle	1 28 hurdles jump and 7 water jump.
2 Kerb height	2 0.762 m $\pm$ 0.003 m.
3 Lane width	3 5 events.
4 3000 mts steeple chase	4 Men.
5 Women hurdles height	5 1.19 $\pm$ 0.01.
6 Relay take over zone	6 $W(N-1) \cdot 10 \times 2\pi$ .
7 Pentathlon	7 55 mm. to 65 mm.
8 Full stagger	8 One marker only
9 Throwing events	9 20 m. long
10 Decathlon	10 1.22m $\pm$ 0.01 m.

(10  $\times$  1 = 10 marks)

## IV. State True or False :

- 1 A track can be marked East to West. True / False.
- 2 Discus and hammer throwing circles must have Protective cages. True/False.
- 3  $2\pi r$  of a standard 400 meter track is 231.22 mts. True/False
- 4 Time keeper should be kept placed at least 5 meters from the outside lane of the track. True / False
- 5 Foul start will be disqualified with red and black card. True/False.

(5  $\times$  1 = 5 marks)

## V. Write Briefly on :

- 1 Write about major athletic competitions in national level.
- 2 Explain in detail about fundamentals techniques of spirit events ?
- 3 General principles of training for combined events.

(3  $\times$  5 = 15 marks)

VI. Write short notes on any *five* of the following :

- 1 How many field events take place in the area inside the running track ?
- 2 Mention athletics field events conducted for both men and women?
- 3 Write the various stages of techniques in javelin throw event.
- 4 Define Heptathlon.
- 5 General warming up.
- 6 Shot put - fundamental techniques
- 7 Write about starting point with stagger for 200, 400, 800 and 1500 mts race.
- 8 Steeplechase races-conducted for men and women.

(5 × 3 = 15 marks)

VII. Answer any *one* of the following :

- 1 Draw a neat diagram of 400 mts standard track with all stagger marking.
- 2 Write about common injuries in track and field events during competition and training.

(1 × 15 = 15 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, APRIL 2021**

M.P.Ed.

Paper X—SPORTS MEDICINE

(2013 Syllabus)

Time : Three Hours

Maximum : 75 Marks

## 1. Fill in the blanks :

- a) \_\_\_\_\_ are Involuntary spasmodic contraction of the muscle.
- b) \_\_\_\_\_ uses high frequency sound waves to treat deep tissue injury.
- c) \_\_\_\_\_ is the source of ultra violet rays.
- d) Heroin, cocaine, ecstasy and LSD are listed as \_\_\_\_\_ drugs
- e) Largest tendon in the body is found in \_\_\_\_\_ joint.

(5 × 1 = 5 marks)

2. Write answers in *one* word :

- a) Abbreviation of PNF.
- b) Name the condition when the body temperature gets very low.
- c) What is DOMS ?
- d) Where does whiplash injury happens ?
- e) Injury to the muscle is known as.
- f) What is an sudden involuntary contraction of muscle is called ?
- g) Displacement of the bone from the joint is called.
- h) Name a soft tissue injury.
- i) What is the source of energy for muscle contraction ?
- j) Help given to a sick or injured person until full medical treatment is available.

(10 × 1 = 10 marks)

3. Match the following :

Table A	Table B
1 Fracture	1 Cold injury.
2 Blister	2 Inflation to tendons.
3 Hypothermia	3 Stretching.
4 Hydrotherapy	4 Children.
5 Frostbite	5 Sun.
6 Tendonitis	6 Break in the bone.
7 PNF	7 Strength.
8 Overcoming resistance	8 Cold injury.
9 Green stick fracture	9 Friction injury.
10 Ultraviolet light	10 Water.

(10 × 1 = 10 marks)

4. State True or False :

- a) Frost nip is a ligament injury.
- b) Protein is the building block of body tissue.
- c) The back is the common site for strain.
- d) Stretching exercise will help to build strength.
- e) Calf muscle is the common site for cramping in sports.

(5 × 1 = 5 marks)

5. Write Briefly on :

- a) Explain the uses and abuses of ergogenic aids.
- b) Explain DOMS.
- c) Explain the type of injuries related to hot and humid temperature.

(3 × 5 = 15 marks)

6. Write short notes on any *five* questions :

- a) Write short notes on contact injuries.
- b) Write short notes on dynamic stretching.



- c) List down the uses of warming down.
- d) Write short notes on contusion.
- e) Write short notes on muscle cramps.
- f) Write short notes on common sports injury around shoulder joint.
- g) Explain PNF stretching.
- h) Write short notes on TENS.

(5 × 3 = 15 marks)

7. Answer any *one* :

- a) Explain the various principles of physiotherapy.

*Or*

- b) Explain in detail the type of stretching given to elbow, wrist, hip, knee, ankle, and spine.

(1 × 15 = 15 marks)