

Name :

Reg no :.....

MAHATHMA GANDHI UNIVERSITY
B.VOC. (HONOURS) ADVANCED COURSE IN MULTI SPORTS AND FITNESS
TRAINING

THIRD SEMESTER PRACTICAL EXAMINATION OCTOBER 2026

MODEL QUESTION PAPER

MG3MPCMFT200: Self Defense Training and Fitness

Duration: 3hours

maximum mark :70

Section A(theory)

Answer all question

1. Explain the history and evolution of martial arts.. [U][1]
2. Describe the basic stances, blocks, punches, and kicks in Taekwondo. [U][5]
3. Describe basic self-defense techniques used in Krav Maga. [A][4]
4. Explain the principles of self-defense, ethics, and use-of-force awareness [A][2]
5. Explain the fitness benefits of martial arts training. [U][3]

Section B

6.SKILL ASSESSMENT

TABULATION SHEET

Name of the Student :Reg no :

Q .NO	ASSESMENT METHODS	MAX MARKS	MARK AWARDED
1	THEORY ASSESSMENT	20	
2	SKILL ASSESSMENT	30	
3	RECORD	10	
4	VIVA	10	

EXAMINERS :

1.

2.

CO- MAPPING
MG3MPCMFT200: Self Defense Training and Fitness

SL .NO	ASSESSMENT COMPONENTS	CO1	CO2	CO3	CO4	CO5
1	Question 1	4				
2	Question 2					4
3	Question 3				4	
4	Question 4		4			
5	Question 5			4		
6	Question 6		30			
7	VIVA	2	2	2	2	2
8	RECORD	2	2	2	2	2
		8	38	8	8	8