

M. P. Ed 3rd Semester Examination 2021
 Scientific Principles of Sports Training
 MPCC – 301

Full Marks – 70

Time – 3 Hours

***The figures in the margin indicates full Marks.
 The candidates are required to give their answers in their own words as far as practicable.
 Illustrate the answer wherever necessary.***

1. Write down the difference between sports training and sports coaching? Discuss about principles of sports training which are applicable in modern sports science. 5+10=15

OR

What is sports coaching? Discuss Philosophy of sports coaching. 5+10=15

2. Define training load. How you identify that an athlete is becoming a victim of overload. 5+10=15

OR

Write down different principles of overload. As a coach what should your advice after identifying the symptoms of overload. 7 +8=15

3. What is down hill running. Prepare a weight training schedule for university volleyball player. 5+10=15

OR

Write down about Plyometric Training. Discuss about different types of stretching. 5+10=15

4. What is transition Phase. Chalk out a plan of competition phase of university football player. 5+10=15

OR

Write down the difference between Technique and Tactics. As a coach how would you make a player psychologically strong during training phase. 5+10=15

1. Short note (Any two) 5X2=10

- i. Heterosis of load.
- ii. Wind sprint.
- iii. Amphetamine.
- iv. Altitude training.