

M.P.Ed. Examination, 2016

Semester-III

Physical Education

Course- MPCC-301

(Scientific Principles of Sports Training)

Time: Three Hours

Full Marks: 70

Questions are of value as indicated in the margin.

Attempt all question taking one from each unit

UNIT-I

1. Define Sports Training. Discuss in brief the major principles of sports training. 4+10=14

or

Write the causes and symptoms of over load. Explain how to tackle the state of overload. 4+4+6=14

UNIT-II

2. What do you mean by the term Endurance? Discuss different methods of developing Endurance. 2+12=14

or

What are the importances of strength in sports? Write in detail about the different means of strength development. 4+10=14

UNIT-III

3. Name different coordinative abilities? Explain with example the methods of developing coordinative abilities. 4+10=14

or

Write the importance of Flexibility in sports. Write a detail note on plyometric training. 6+8=14

UNIT-IV

4. What do you understand by a training plan? Describe different training cycles. 4+10=14

or

What is periodization? What are the different periods of a periodization? Write the aims and contents of different periods. 2+2+10=14

UNIT-V

5. Define doping. What are the harmful effects of doping on human body? Write in detail about Blood doping. 2+4+8=14

or

How a dope test is conducted? Discuss the problems in conducting dope tests. 7+7=14
