

M.P.Ed. Semester-III Examination 2014

Course Code : MPED-235

(Sports Training)

Time : Three Hours

Full Marks : 40

Questions are of value as indicated in the margin

Answer **one** question from each unit

UNIT - I

1. Write the meaning of Sports Training. Discuss in details the characteristics of sports Training. 2+6=8

OR

Write short notes on : (a) Competition performance (b) Coaching. 4+4=8

UNIT - II

2. What is over load? Write the causes, Symptoms and Remedial Measures of Overload. 2+6=8

Or

Write short notes on : (a) Supercompensation (b) Recovery. 4+4=8

UNIT - III

3. What is Buffer capacity? Write briefly the different training methods for development of Endurance. 2+6=8

Or

Write short notes on : (a) Speed Barrier (b) Explosive Strength. 4+4=8

UNIT - IV

4. Define Technique? Explain the scientific method of Technique training. 2+6=8

Or

Write the concept of coordinative Abilities. Discuss in details different types of coordinative abilities. 2+6=8

UNIT - V

5. Write the meaning of Talent Identification. Write briefly the principles of identify sports talent. 2+6=8

Or

Write short notes on : (a) Periodization (b) Planning. 4+4=8
