

M.P.Ed. Examination, 2018
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

Answer any one question from each Unit

UNIT-I

1. What is Intensity of load? Discuss principles of sports training. 4+10=14

OR

What do you understand by training load? Describe the cause and effect relationship of adaptation. 4+10=14

UNIT-II

2. What is locomotor ability? Discuss in detail about the factors affecting endurance. 4+10=14

OR

Define strength. Classify strength with their meaning. Write down intensity zones of strength training. 3+5+6=14

UNIT-III

3. Write short notes on (i) Coupling ability (ii) Differentiation ability 7+7=14

OR

What is plyometric training? Write in detail about means and methods of developing flexibility. 4+10=14

UNIT-IV

4. What is meso cycle plan? Write in detail about the aim and contents of preparatory period in single periodization. 4+10=14

OR

Write short notes on (i) Top form (ii) Types of periodization 7+7=14

UNIT-V

5. Define doping. What are the side effects of drugs in sports? 2+12=14

OR

Write short notes on (i) TUF (ii) EPO 7+7=14
