

21BP34

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Name:

Reg. No:

THIRD YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2024

(Regular/Supplementary/Improvement)

CC15U BPE3 T15 / CC19U BPE3 T15 – SCIENTIFIC PRINCIPLES OF COACHING

(2015 Admissions onwards)

Time: Three Hours

Maximum: 75 marks

Answer any three questions from **Part – A**.

Any *one* question from **Part – B**. Question from **Part – C** is compulsory.

Part – A

1. Explain the aims and objectives of sports training.

(1 × 15 = 15 Marks)

2. Describe the following:

- (a) Qualities of a coach.
- (b) Different types of loads.
- (c) Symptoms of overload.

(3 × 5 = 15 Marks)

3. Write short notes on the following:

- (a) Overload.
- (b) Principles of sports training.
- (c) Strength.

(3 × 5 = 15 Marks)

4. Briefly explain the following:

- (a) Tactical training.
- (b) Short term plan.
- (c) Super Compensation.

(3 × 5 = 15 Marks)

5. Prepare a Model long term plan for the Olympics.
or the Commonwealth Games.

(1 × 15 = 15 Marks)

Part – B

6. Explain the components of physical fitness in detail.

(1 × 15 = 15 Marks)

7. Briefly explain the following:
- (a) Qualities of a champion.
 - (b) Tackling Overload.
 - (c) Self - talk before the competition.

(3 × 5 = 15 Marks)

Part – C

8. Write short notes on any *five* of the following:
- (a) Adaptation to training load.
 - (b) Conditioning.
 - (c) Fatigue.
 - (d) Pep Talks.
 - (e) Single Periodisation.
 - (f) Imagery and Relaxation Technique.
 - (g) Technical Training.
 - (h) Definition of Coaching.

(3 × 5 = 15 Marks)
