

42678

Name : .....

Reg. No: .....

**THIRD YEAR B.P.E. DEGREE EXAMINATION, MAY 2013**

**Paper XV – SCIENTIFIC PRINCIPLES OF COACHING**

**Time : Three Hours**

**Maximum : 75 Marks**

(Answer any five questions of which 3 questions should be from Part A and 2 questions from Part B including question number 8, which is compulsory)

**Part A**

1. Define Endurance and explain the types of endurance? (15 marks)
2. Write short notes on the following. (3x5 Marks)
  - a) Carbohydrate loading.
  - b) Aims and objectives of sports training.
  - c) Individual and group analysis.
3. Explain the following (3x5 Marks)
  - a) Aims and contents of various periods in periodisation.
  - b) Basic methods of conditioning
  - c) Nutrition and endurance performance.
4. Briefly explain (3x5 Marks)
  - a) Principles of planning.
  - b) Qualities and qualification of a good coach.
  - c) Load and adaptation process..
5. Explain the following (3x5 Marks)
  - a) Types of muscle contraction.
  - b) Over load and causes of over load.
  - c) Principles of cyclicity of training.

**Part B**

6. Explain the methods to improve speed abilities? (15Marks)
7. Briefly explain. (3x5Marks)
  - a) Types of strength.
  - b) Short term plan with examples.
  - c) Conditioning.
8. Write short notes on any five of the following. (5x3 Marks)
  - a) Sensory method.
  - b) Rhythm and Adaptation abilities
  - c) Transitional period
  - d) Fast continuous method
  - e) Speed barrier.
  - f) Pep-Talks.
  - g) Fartlek method
  - h) Overload

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