

19BP34

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Name:

Reg. No:

THIRD YEAR B.P.Ed. DEGREE EXAMINATION, APRIL 2022

(Regular/Supplementary/Improvement)

CC15U BPE3 T15 – SCIENTIFIC PRINCIPLES OF COACHING

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

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

Any *one* question from **Part B**. Questions from **Part C** is Compulsory.

PART A

1. Explain the principles of sports training.

(1 × 15 = 15 Marks)
2. Describe the following:
 - a. Objectives of Sports training.
 - b. Principles of progression load.
 - c. Endurance training.

(3 × 5 = 15 Marks)
3. Briefly explain the following:
 - a. Circuit training.
 - b. Macro cycle.
 - c. Phases of recovery.

(3 × 5 = 15 Marks)
4. Write short notes on the followings:
 - a. Conditioning.
 - b. Interval training.
 - c. Transitional period.

(3 × 5 = 15 Marks)
5. Explain the method of developing Endurance.

(1 × 15 = 15 Marks)

PART B

6. Explain the significance of load components of Sports training.

(1 × 15 = 15 Marks)
7. Briefly explain the following:
 - a. Aims of sports training.
 - b. Short term plan.
 - c. Self talk during competition.

(3 × 5 = 15 Marks)

PART C

8. Write short notes on any *five* of the followings:
- a. Training.
 - b. Overload symptoms.
 - c. Qualities of a coach.
 - d. Micro cycle.
 - e. Interval training.
 - f. Physical fitness components.
 - g. Periodization.
 - h. Speed.

(5 × 3 = 15 Marks)
