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Name.....

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Reg. No.....

**THIRD YEAR B.P.E. DEGREE EXAMINATION, MAY 2014**

Physical Education

Paper XV—SCIENTIFIC PRINCIPLES OF COACHING

Time : Three Hours

Maximum : 75 Marks

*Answer any five questions, choosing three from Part A and two questions from Part B.  
Question 8 is compulsory.*

**Part A**

1. Describe speed abilities. Explain the factors determining speed. (15 marks)
2. Explain the following :—
  - (a) Sports training.
  - (b) Conditioning.
  - (c) Principles of continuity.(3 × 5 = 15 marks)
3. Explain briefly the following :—
  - (a) Set training and station training.
  - (b) Dynamic flexibility.
  - (c) Explosive strength.(3 × 5 = 15 marks)
4. Describe the following :—
  - (a) Relative strength.
  - (b) Post match team meeting.
  - (c) PNF Stretch.(3 × 5 = 15 marks)
5. Write short note on the following :—
  - (a) Orientation ability.
  - (b) Ballistic method.
  - (c) Acceleration ability.(3 × 5 = 15 marks)

**Turn over**

## Part B

6. Define load. Describe the components of load. How the adaptation process takes place ? (15 marks)
7. Describe the following :—
- (a) Micro cycle.
  - (b) Interval method load.
  - (c) Transition period.
- (3 × 5 = 15 marks)
8. Write short notes on any *five* of the following :—
- (a) Pep talk.
  - (b) Top form.
  - (c) Locomotion ability.
  - (d) Fartlek method.
  - (e) Balance ability.
  - (f) Coupling ability.
  - (g) Maximum strength.
  - (h) Reaction ability.

(5 × 3 = 15 marks)