

22BP34

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Name:

Reg. No:

THIRD YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2025

(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. Elaborate the analysis process of individual as well as group during training and competition.

(1 × 15 = 15 Marks)

2. Describe the following:

- (a) Imagery Relaxation Technique.
- (b) Training, Conditioning and Coaching.
- (c) Importance of Tactical training in sports.

(3 × 5 = 15 Marks)

3. Briefly explain the following:

- (a) Qualities of a Champion.
- (b) Tackling of Over load.
- (c) Performance Related Physical Fitness Components.

(3 × 5 = 15 Marks)

4. Write short notes on the followings:

- (a) Flexibility and Various means to develop Flexibility.
- (b) Load Components.
- (c) Methods to develop Endurance.

(3 × 5 = 15 Marks)

5. Define sports training? Describe various principles of sports training.

(1 × 15 = 15 Marks)

Part B

6. Prepare a long-term plan for the players participated at Commonwealth level.

(1 × 15 = 15 Marks)

7. Briefly explain the following:
- (a) Self talk before, during and after competition.
 - (b) Different methods of technical training.
 - (c) Over load and its symptoms.

(3 × 5 = 15 Marks)

Part C

8. Write short notes on any *five* of the followings:
- (a) Aim and Objectives of Sports Training.
 - (b) Super Compensation.
 - (c) Short term training plans.
 - (d) Training load and its types.
 - (e) Health Related Physical Fitness.
 - (f) Single, Double and Triple Periodization.
 - (g) Psychological skill training of the players.
 - (h) Types of Coordinative abilities.

(5 × 3 = 15 Marks)
