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Name:

Reg. No:

THIRD YEAR B.P.E. (INTEGRATED) DEGREE EXAMINATION, APRIL 2026

(Regular/Supplementary/Improvement)

CC15UBPE3T15 / CC19UBPE3T15 - SCIENTIFIC PRINCIPLES OF COACHING

(2015 Admissions onwards)

Time: Three Hours

Maximum: 75 Marks

PART A

Answer any **one** question. The question carries 15 marks.

1. Discuss the fundamental principles of sports training and their importance in structuring effective training programs?
2. What are the various methods used in flexibility training and evaluate the advantages and limitations of each method?

(1 × 15 = 15 Marks)

PART B

Answer **all** questions. Each question carries 5 marks.

Explain the following:

3. The common symptoms of overload that indicate an athlete may be overtraining.
4. Types of speed.
5. The difference between Strategy and Tactics with clear examples.

(3 × 5 = 15 Marks)

PART C

Answer **all** questions. Each question carries 5 marks.

Explain the following:

6. Methods of technical training used by coaches to develop skilled players.
7. How self-talk differs before, during, and after competition.
8. The main characteristics of the preparatory phase and transition phase.

(3 × 5 = 15 Marks)

PART D

Answer **all** questions. Each question carries 1 mark.

Fill in the blanks:

9. The ability to determine and change the position and movement of the body in time and space in relation to a definite field of action is known as _____
10. _____ is the mental rehearsal of skills before actual performance.
11. Periodization is divided into Preparatory, Competition, and _____
12. A _____ cycle usually lasts several weeks to a few months and focuses on a specific training goal.
13. The sit-and-reach test is commonly used to measure _____

(5 × 1 = 5 Marks)

PART E

Answer **all** questions. Each question carries 1 mark.

State True or False:

14. GPS tracking data is used to measure internal load.
15. The competition phase of periodisation is characterized by peak performance with high volume, low intensity training.
16. Repetition method uses maximum effort with complete recovery.
17. With the increase in age, flexibility also increases.
18. The principle of specificity means that training should closely match the demands of the sport or activity.

(5 × 1 = 5 Marks)

PART F

Answer **all** questions. Each question carries 1 mark.

Write answer in one word:

19. What is the motivational speech given by coaches before a match called?
20. Long-term training plan is called.
21. Which type of muscle fiber is best for speed?
22. What is the short-term plan used to outsmart opponents during competition?
23. Staircase method comes under which principle.
24. Ability to work under conditions of fatigue is called.
25. Increase in muscle mass due to heavy weight training is called.
26. Expand PNF.
27. Which type of periodisation involves two peak performance phases in a year?
28. Which training is also known as “speed play”?

(10 × 1 = 10 Marks)

PART G

Answer **all** questions. Each question carries 1 mark.

Match the Following:

- | | | |
|------------------------|---|--------------------------------------|
| 29. Internal Load | - | a. % of 1RM |
| 30. Training Intensity | - | b. Total reps × sets × load |
| 31. Maximum Strength | - | c. Work-to-rest ratio |
| 32. Training Load | - | d. Weightlifting |
| 33. Training Frequency | - | e. Blood lactate concentration |
| 34. External Load | - | f. Shot put |
| 35. Strength Endurance | - | h. Total stress placed on an athlete |
| 36. Training Density | - | i. Sessions per week |
| 37. Explosive Strength | - | j. Rowing |
| 38. Training Volume | - | k. Distance covered |

(10 × 1 = 10 Marks)
