

25MP22

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Name :

Reg. No :

SECOND SEMESTER M.P.E.S. DEGREE EXAMINATION, APRIL 2026
CC25PEMIIC1906 –SPORTS TRAINING AND TALENT IDENTIFICATION
(2025 Admission – Regular)

Time: 3.00 Hours

Maximum: 75 Marks

Credit : 4

Part A

Answer any **three** questions. Each question carries 15 marks.

1. Examine the aims and objectives of sports training in competitive sports.
2. Evaluate methods for developing maximum and explosive strength.
3. Explain principles of tactical preparation.
4. Design a training session plan.
5. Evaluate factors influencing peaking for competitions.
6. Analyze the structure of an Olympic cycle plan.

(3 × 15 = 45 Marks)

Part B

Answer any **four** questions. Each question carries 5 marks.

7. Examine different recovery methods used in sports.
8. Describe methods to develop endurance.
9. Explain the importance of tactical training.
10. Suggest improvements for tactical effectiveness.
11. Explain phases of annual training plan.
12. Define Olympic cycle.

(4 × 5 = 20 Marks)

Part C (Short notes)

Answer any **five** questions. Each question carries 2 marks.

13. Define recovery.
14. Define maximum strength.
15. What is skill?
16. Define tactics.
17. What is a macro cycle?
18. Mention one criterion for annual plan.
19. State one component of Olympic plan.
20. State one factor affecting talent identification.

(5 × 2 = 10 Marks)
