

18BP34

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Name:

Reg. No:

THIRD YEAR B.P.Ed. DEGREE EXAMINATION, APRIL 2021

BPE3 T15 - SCIENTIFIC PRINCIPLES OF COACHING

(2015 Admissions - Regular)

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. Explain the principles, aims and objectives of sports training.

(1 × 15 = 15 Marks)

2. Describe the following:

(a) Super compensation.

(b) Imagery relaxation training.

(c) Different types of load.

(3 × 5 = 15 Marks)

3. Briefly explain the following:

(a) Conditioning.

(b) Overload.

(c) Planning.

(3 × 5 = 15 Marks)

4. Write short notes on the following:

(a) Competition period.

(b) Pep talks.

(c) Adaptations.

(3 × 5 = 15 Marks)

5. Elaborate on methods to develop strength.

(1 × 15 = 15 Marks)

Part B

6. Elaborate Overload, symptoms of overload and methods to tackle overload.

(1 × 15 = 15 Marks)

7. Briefly explain:

- (a) Significance of load components.
- (b) Qualities and Qualification of a coach.
- (c) Definition and types of physical components.

(3 × 5 = 15 Marks)

Part C

8. Write short notes on any *five* of the followings:

- (a) PNF stretching.
- (b) Macro cycle.
- (c) Fatigue.
- (d) Circuit training.
- (e) Concentric contraction.
- (f) Double Periodization.
- (g) Talent Identification.
- (h) Coordination.

(5 × 3 = 15 Marks)
