

20BP34

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Name:

Reg. No:

THIRD YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2023

(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. Explain the Scientific Principles of Sports Training.

(1 × 15 = 15 Marks)
2. Describe the following:
 - (a) Super Compensation.
 - (b) Aims and Objectives of Sports training.
 - (c) Overload.

(3 × 5 = 15 Marks)
3. Briefly Explain the following:
 - (a) Fatigue.
 - (b) Double Periodization.
 - (c) Strength.

(3 × 5 = 15 Marks)
4. Write short notes on:
 - (a) Qualities and Qualifications of a Coach.
 - (b) Principles of Uniformity and Differentiation.
 - (c) Symptoms of Overload.

(3 × 5 = 15 Marks)
5. Explain Periodization and types of Periodization.

(1 × 15 = 15 Marks)

Part B

6. What are the physical fitness components? Elaborate methods to improve strength and coordinative abilities.

(1 × 15 = 15 Marks)

7. Briefly explain the following:

- (a) Define Tactical Training.
- (b) Tackling of overload.
- (c) Pep Talks.

(3 × 5 = 15 Marks)

Part C

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

- (a) Principles of cyclicity.
- (b) Different types of loads.
- (c) Adaptation.
- (d) Circuit training.
- (e) Concentric contractions.
- (f) Meso cycle.
- (g) Intensity.
- (h) Flexibility.

(5 × 3 = 15 Marks)
