

**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)**

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