

**16BP34**

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Name.....

Reg. No.....

**THIRD YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2019**

(Regular/Improvement/Supplementary)

**CC15U 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 significance of load components in Sports Training.  
(1 x 15 = 15 Marks)
2. Describe the following:
  - (a) Tackling of over load.
  - (b) Aims of sports training.
  - (c) Factors determining endurance.(3 x 5 = 15 Marks)
3. Briefly explaining the following:
  - (a) Interval training.
  - (b) Phases of recovery.
  - (c) Short term plan.(3 x 5 = 15 Marks)
4. Write short notes on the followings:
  - (a) Conditioning.
  - (b) Principles of progression of load.
  - (c) Transitional period.(3 x 5 = 15 Marks)
5. Explain the method of developing speed.  
(1 x 15 = 15 Marks)

**Part B**

6. Explain different types of periodization.  
(1 x 15 = 15 Marks)
7. Briefly explain the following:
  - (a) Tactical training.
  - (b) Self-talk during competition.
  - (c) Imagery relaxation technique.(3 x 5 = 15 Marks)

### **Part C**

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

- (a) Post isometric stretch.
- (b) Micro cycle.
- (c) Interval training.
- (d) Lactic acid tolerance.
- (e) Pep talk.
- (f) Physical fitness components.
- (g) Symptoms of over load.
- (h) Qualities of a coach.

**(5 x 3 = 15 Marks)**

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