

2023

**M.P. Ed 3<sup>rd</sup> Semester Examination**  
**Scientific Principles of Sports Training**  
**MPCC – 301**

Full Marks – 70

Time- 4 hours

*The figures in the margin indicate full marks.*

*The candidates are required to give their answer in their own words as far as practicable*

*Illustrate the answer wherever necessary*

1. What is meant by Sports training and sports coaching? Discuss about the philosophy of sports training and sports coaching. 5+10 =15

OR

Write down aims of sports training. Discuss different principles of sports training to ensure better performance. 5+10 =15

2. Describe different factors affecting recovery process. Write down causes and symptoms of overload. 5+10=15

OR

Write down the components of load. What is overload and discuss different principles of overload. 5+10=15

3. What is speed and discuss different forms of speed with example. Discuss factors affecting speed. 8+7=15

OR

What is endurance? State the importance of endurance in sports. Describe difference factors determining endurance. 2+5+8=15

4. Write down aim and contents of competition and transitional periods. Discuss about the effect of doping in performance. 10+5=15

OR

Prepare a weekly training plan for state level long jumpers during competition period. Write down different principles of training plan. 10+5=15

5. Write note on any two of the following: 5X2=10

- a) Principles of circuit training.
- b) Super compensation.
- c) Difference between tactics and strategy.
- d) Interval method.