

**M. P. Ed 3rd Semester Examination 2020**  
**Scientific principles of sports training**

**MPCC – 301**

**Full Marks – 70**

**Time – 3 Hours**

*The figures in the margin indicate full Marks.*

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

*Illustrate the answer wherever necessary.*

1. Define sports training and sports coaching? Discuss about the principles of sports training. **5+10=15**  

**OR**

 What is sports training? What is the philosophy of sports coaching? Discuss about the principles of sports coaching. **2+5+8=15**
  
2. What is training load? Why super compensation is important for sports person? Explain the different components of training load. **3+6+6=15**  

**OR**

 What is overload? Write down the different principles of overload. Explain the symptoms of overload. **2+6+7=15**
  
3. What is explosive strength? Describe the different factors determining flexibility. What are the objectives of circuit training for competitive sports? **3+6+6=15**  

**OR**

 What do you mean by endurance? Discuss about different types of strength. Explain the factors determining strength. **3+6+6=15**
  
4. What is periodization? Discuss about the aim and contents of competition period. How a sports person to be prepared psychologically during training. **3+6+6=15**  

**OR**

 Differentiate technique and tactics? Prepare a weekly training schedule for a long jumper during competition period. Explain different types of training cycle. **4+5+6=15**
  
5. Write short notes (any two of the following). **2×5=10**
  - I. Weight training.
  - II. Wind sprint.
  - III. Interval training.
  - IV. Maintenance of Top form in competition