

37001

M.P.Ed. DEGREE EXAMINATION, OCTOBER / NOVEMBER 2018.

THIRD SEMESTER

Paper I: SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Time : Three hours

Maximum : 75 marks

(No additional sheet will be supplied)

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions.

Each question carries 5 marks.

Each answer should not exceed 2 page.

1. Training and detraining.
2. Define Research its importance in Physical Education Define causes of over Load .
3. Factors determining flexibility.
4. High altitude of training.
5. Top form.
6. Judgment sampling.
7. Training schedule .
8. Phases of periodization.

PART B — (5 × 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

Each answer should not exceed 5 pages.

9. Define Sports training Explain the characteristic of Sports Training.

Or

10. Explain causes and symptoms of over Load and explain how to overcome over Load.

11. Explain in detail about the components of Physical Fitness.

Or

12. Define Endurance Explain the methods to improve Endurance.

13. What is flexibility Explain factors influencing flexibility.

Or

14. Define Coordination explain meaning and types of Coordination.

15. Describe the importance of Resistance training in Physical Education.

Or

16. Explain the importance of Aerobic and Anaerobic training in Sports.

17. Explain the process of periodization in track events

Or

18. Explain different training schedules during the competition period and transition period

