

37001

M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2016.

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 pages.

1. Definition of load and overload.
2. Detraining and retraining.
3. Meaning and types of speed.
4. Isokinetic exercises.
5. Meaning and types of speed.
6. Anaerobic training.
7. Top form.
8. Tapering performance.

PART B — (5 × 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

Each answer should not exceed 4 pages.

9. Define overload, what are the causes and symptoms of overload.
Or
10. Define sports training explains aims and principles of sports training.
11. What is physical fitness explain components of physical fitness?
Or
12. Define endurance, explain factors determining endurance.

13. What is flexibility explain the types of flexibility and explain how to Improve flexibility

Or

14. What are the factors determining coordination?

15. Discuss about plyometric training.

Or

16. Discuss about high altitude and functional trainings.

17. Describe short term and long term plans in periodization.

Or

18. Explain the training schedule for university javelin players.

