

37001

M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2017.

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 questions carries 5 marks.

All answer should be written at ONE place continuously.

Each answer should not exceed 2 pages.

1. Components of Load.
2. Isokinetic exercises.
3. Methods to improve endurance.
4. Transfer of training.
5. Plyometric training.
6. Training schedule.
7. Phases of periodization.
8. Methods to improve endurance.

PART B — (5 × 10 = 50 marks)

Answer ALL questions.

Each question carries TEN (10) marks.

Each question should not exceed Five (5) pages.

9. Explain the principles of Sports Training.

Or

10. Explain causes and symptoms of over load.
11. Define strength and explain factors determining strength.

Or

12. Define speed explain factors determining speed.

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 Micro Meso and macro cycles and its importance in the of physical education.

Or

18. Explain the competition period and transition period.

