

2020

SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Paper: MPCC-301

Full Marks: 70

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own words

as far as practicable.

Answer *all* questions

1. Discuss in details about the aim and characteristics of Sports Training. 15
Or,
Discuss in details about the Philosophy of Sports Training and Coaching. 15
2. Define Load and Over Load. Discuss in details about the various factors that affects recovery process. 5+10
Or,
Discuss in details about the Principles of Overload. 15
3. Define Speed. Discuss in details about the various methods of Speed development. 3+12
Or,
What are the different types of Strength? Define each type of the Strength along with suitable sporting example. 3+12
4. **Write short notes on any two of the following:** 7.5x2
 - a) Aim and objectives of Competition period
 - b) Double Periodization
 - c) Training objectives during Competition Period
 - d) Doping in Sports

Please Turn Over

(2)

5. Answer the MCQ by choosing the right option from the following and write it on your answer script (**any ten**): 1x10

a) 'Super compensation' means

- i) Fatigue
- ii) Second wind
- iii) Adaptation to load
- iv) Oxygen debt

b) Speed play' is also known as

- i) Weight training
- ii) Pressure training
- iii) Fartlek training
- iv) Interval training

c) Micro cycle' involves training of

- i) 1 week
- ii) 6-8 weeks
- iii) 8-10 weeks
- iv) 1-2 weeks

d) Transition period aims at

- i) Stabilization of performance
- ii) Super compensation
- iii) Recreation
- iv) Recovery

e) An efficient coach is he who

- i) Only Tells
- ii) Tells and demonstrates
- iii) Tells, demonstrates and explains
- iv) Tells, demonstrates, explains and inspires

f) The ability to overcome resistance is called

- i) Dynamic strength
- ii) Static strength
- iii) Relative strength
- iv) Strength endurance

Please Turn Over

(3)

- g) Which of the following does not include the principles of sports training?
- i) Economy of movement
 - ii) Progression of load
 - iii) Cyclicity of training
 - iv) Continuity
- h) Diuretics benefit performance by
- i) increasing heart and respiratory rates and suppressing the symptoms of fatigue
 - ii) eliminate fluid from the system by increasing urine secretion
 - iii) releasing hormones promoting growth, healing and body repair
 - iv) preventing the release of adrenaline
- i) Psychological Training in sports is very important during
- i) Pre Competition Phase
 - ii) Preparation Phase I
 - iii) Preparation Phase II
 - iv) Transition Phase
- j) The ability to change direction quickly and precisely and yet retain balance is the definition of which component of fitness
- i) Agility
 - ii) Balance
 - iii) Coordination
 - iv) Flexibility
- k) Overload is
- i) Is when you work too hard in training and have to stop
 - ii) Is when you work too hard over a period of training sessions and get injured
 - iii) Is when you work harder than normal to increase the stress on the body systems
 - iv) Is trying to lift too heavier a weight in a resistance training session
- l) A good training method for developing speed is
- i) Continuous training
 - ii) Fartlek training
 - iii) Short Interval training
 - iv) Repetition training
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