

2022

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. Write down the objectives of Sports Training. Discuss the characteristics of Sports Training. 6+9

Or

Define Sports Training and Sports Coaching. Describe the Philosophy of Sports Training and Coaching. 5+10

2. Define Training Load. What are the variations of load distribution? Explain the various factors that affect recovery process. 2+5+8

Or

What are the remedial measures to be taken against overload? Explain the principles of overload. 7+8

3. Write down the factors that determine the speed of a sportsperson. Describe the various training methods of developing speed. 7+8

Or

What are the different types of doping commonly used in sports? What are their adverse effects on health and body ? 9+6

4. Short notes on any two of the following : 7½×2
- a) Components of training load
 - b) Interval and Repetition method of training
 - c) Relationship of load and adaptation process
 - d) Tactical training

Please turn over

(2)

5. Answer the MCQs by choosing the correct option from the following and writing it on your answer script (any ten): 1×10

- (a) Adaptation is related to :
- i) Adjustment
 - ii) Normalization
 - iii) Recovery process
 - iv) None of above
- (b) Increase of pulse rate due to workout is called :
- i) Inner load
 - ii) Outer load
 - iii) Physiological load
 - iv) None of the above
- (c) 'Speed play' is also known as :
- i) Continuous training
 - ii) Pressure training
 - iii) Fartlek training
 - iv) Interval training
- (d) Transition period aims at :
- i) Stabilization of performance
 - ii) Super compensation
 - iii) Recreation
 - iv) Recovery
- (e) The ability to overcome resistance is called :
- i) Dynamic strength
 - ii) Static strength
 - iii) Relative strength
 - iv) General strength
- (f) Psychological Training in sports is very important during :
- i) Pre-Competition Phase only
 - ii) Only preparation Phase I
 - iii) Only preparation Phase II
 - iv) All phases
- (g) Reaction on gun shoot by athletes is related to :
- i) Simple reaction
 - ii) Complex reaction
 - iii) Complicated reaction
 - iv) Mind reaction

Please turn over

(3)

- (h) Gymnastic movements are related to :
- i) Passive flexibility
 - ii) Dynamic flexibility
 - iii) Static flexibility
 - iv) None of the above
- (i) 1 RM method is used to measure :
- i) Maximum strength
 - ii) Explosive strength
 - iii) Strength endurance
 - iv) All of the above
- (j) Sports training aims at improvement of :
- i) Performance
 - ii) Physical fitness
 - iii) Technical aspects
 - iv) Tactical aspects
- (k) Power is :
- i) Explosive strength
 - ii) Strength speed
 - iii) Strength endurance
 - iv) Speed endurance
- (l) Adaptation process is set when load is :
- a) Minimum
 - b) Average
 - c) Below
 - d) Over
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