

**2023**

**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.*

1. Discuss the aim and objectives of Sports Training. Explain the salient feature of Sports Training in detail. 6+9

*Or,*

Discuss the principles of Sports Training and Coaching with suitable example. 15

2. Why Load is important to develop sports performance? Explain the various components of Load. 9+6

*Or,*

Explain the term Over Load. Describe the causes and symptoms of Over Load with suitable example. 5+10

3. Define Endurance ability. Discuss the various methods of Endurance development. 3+12

*Or,*

Elaborate the meaning of Coordinative Abilities and Flexibility. Write notes on Plyometric Training and different types of Stretching. 5+(5+5)

4. Write short notes on *any two* of the following : 7½×2

- (a) Periodisation
- (b) Aim and objectives of Competition period
- (c) Cyclicity of Sports Training
- (d) Psychological Preparation for Sports Competition.

5. Answer the following questions by choosing the right option and write it on your answer script (*any ten*) : 1×10

- (a) An efficient coach is he who

- (i) only tells
- (ii) tells and demonstrates
- (iii) tells, demonstrates and explains
- (iv) tells, demonstrates, explains and inspires.

**Please Turn Over**

- (b) Which of the following does not belong to the principles of sports training?
- (i) Economy of movement
  - (ii) Progression of load
  - (iii) Cyclicity of training
  - (iv) Continuity.
- (c) The ability to overcome resistance is called
- (i) Dynamic strength
  - (ii) Static strength
  - (iii) Relative strength
  - (iv) Strength endurance.
- (d) The range of motion through a joint is known as
- (i) Stretching
  - (ii) Flexibility
  - (iii) Agility
  - (iv) Balance.
- (e) Basic principle of Fartlek training is
- (i) Variation in space
  - (ii) Variation in pace
  - (iii) Variation in duration
  - (iv) Variation in place.
- (f) 'Micro cycle' involves training duration of
- (i) 1 week
  - (ii) 1-2 weeks
  - (iii) 6-8 weeks
  - (iv) 8-10 weeks.
- (g) Main consideration for effective Periodisation should be
- (i) Base creation
  - (ii) Achievement of top form
  - (iii) Skill development
  - (iv) Development of tactical ability.
- (h) In selecting talent, the most important factor to be considered is
- (i) Training state
  - (ii) Health
  - (iii) Interest and attitude
  - (iv) All of these.
- (i) Transition period aims at
- (i) Stabilization of performance
  - (ii) Super compensation
  - (iii) Recreation
  - (iv) Recovery.
- (j) Largest period of Periodisation is
- (i) Preparation Period
  - (ii) Pre Competition Period
  - (iii) Competition Period
  - (iv) Transition Period.
- (k) Progression of Load in training means
- (i) Increase in volume
  - (ii) Increase in intensity
  - (iii) Increase in both volume and intensity
  - (iv) Improvement in technique.
- (l) A tactical component of Sport Training is
- (i) Planning
  - (ii) Learning
  - (iii) Following rules
  - (iv) Motivation.
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