

2025

## SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Course : 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 Philosophy of Sports Training and Coaching along with its objectives and characteristics. 5+5+5  

*Or*

Explain the Principles of Sports Training and Coaching. Elaborate any three principles with suitable examples. 6+9
2. 'Load is an important factor towards the development of sports performance.'— Discuss. 15  

*Or*

What is meant by super compensation in sports training? Explain the different phases of super compensation. 5+10
3. Define Endurance. Discuss the various methods of endurance development. 3+12  

*Or*

Elaborate the meaning of coordinative abilities and flexibility. Write notes on plyometric training and types of stretching. 5+5+5
4. Write notes on the following (*any two*) : 7½×2
  - (a) Training Plan
  - (b) Aim and objectives of competition period
  - (c) Tactics and strategy in competitive sports
  - (d) Single periodization.
5. Answer the MCQ by choosing the right option given below and write the answer on your answer script (*any ten*) : 1×10
  - (a) An efficient coach is he who
    - (i) only provides instruction
    - (ii) instructs and also demonstrates
    - (iii) instructs, demonstrates and explains
    - (iv) instructs, demonstrates, explains and inspires.

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- (b) 'Speed play' is also known as
- (i) Weight training
  - (ii) Pressure training
  - (iii) Fartlek training
  - (iv) Interval training.
- (c) Sports training should improve
- (i) Physical and mental fitness
  - (ii) Tactical development
  - (iii) Technical skill
  - (iv) All of these.
- (d) 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 of training.
- (e) Aerobic fitness is best achieved through
- (i) Plyometric training
  - (ii) Short sprints
  - (iii) Circuit training
  - (iv) Fartlek training.
- (f) Main consideration for effective Periodization should be
- (i) Base creation
  - (ii) Achievement of top form
  - (iii) Skill development
  - (iv) Development of tactical ability.
- (g) Transition period aims at
- (i) stabilization of performance
  - (ii) super compensation
  - (iii) recreation
  - (iv) recovery.
- (h) The combination of load parameters imposed for developing the maximum strength are
- (i) load should be high and rest interval should be low
  - (ii) load should be medium and rest interval should be high
  - (iii) load should be high and rest interval should be high.
  - (iv) load should be medium and rest interval should be low.
- (i) Which of the following factor can be useful for enhancement of recovery?
- (i) Dehydration
  - (ii) Discounting rest
  - (iii) Active recovery techniques
  - (iv) Excessive training.

- (j) For identifying talent, the most important factor to be considered is
- (i) measuring of the training status of the athlete
  - (ii) assessing interest and attitude of the athlete
  - (iii) testing the genetic factors of the athlete
  - (iv) All of the above.
- (k) The ability to overcome resistance is called
- (i) Dynamic strength
  - (ii) Relative strength
  - (iii) Static strength
  - (iv) Strength endurance.
- (l) The ability to change the direction quickly and precisely by maintaining the balance is known as
- (i) Agility
  - (ii) Balance
  - (iii) Coordination
  - (iv) Flexibility.
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