

EX/PG/PHE/MPCC-301/2024

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2024

(2nd Year, 3rd Semester)

PAPER : MPCC-301

(Sports Training)

Time : Three Hours

Full Marks : 70

GROUP—A

Answer *any three* questions

1. Mention the principles of sports training. Describe aims of sports with suitable example. 5+10=15

2. Explain training load and its types. Describe the factors that can affect training load in details. Explain the term super compensation along with the relationship of load and adaptation. 4+5+6=15

3. Explain different types of strength with suitable example. What are the means and method to be used for developing the performance of a weight lifter? 5+10=15

4. Write about various forms of speed. Explain the factors that can influence speed. Discuss various methods for developing speed. 5+5+5=15

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[Turn Over]

(2)

5. What are different types of periodization? Write down the aim and objectives of periodization. Describe the aim and contents of different phases of periodization. 3+3+9=15

GROUP—B

Write short notes on *any two* of the following : 7.5×2=15

6. Methods for developing flexibility
7. Doping and their bad effects
8. Overload and its causes
9. Steps of talent identification

GROUP—C

10. Write the correct one from the given options (*any ten*)
1×10=10

- (i) Which principle emphasizes gradually increasing training intensity to avoid injury?
- (a) Overload
 - (b) Progression
 - (c) Specificity
 - (d) Variation

(5)

- (ix) Which of the following is less trainable?

- (a) Flexibility
- (b) Endurance
- (c) Strength
- (d) Speed

- (x) Speed Endurance can be developed with the help of

- (a) Fartlek
- (b) interval training
- (c) weight training
- (d) circuit training

- (xi) Altitude training helps to improve

- (a) sprinting ability
- (b) strength ability
- (c) endurance ability
- (d) power

- (xii) Double periodization has

- (a) three transitional period
- (b) one transitional period
- (c) two transitional period
- (d) four transitional period

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(3)

- (ii) Which principle focuses on tailoring training to match the demands of a particular sport or activity?
- (a) Overload
 - (b) Progression
 - (c) Specificity
 - (d) Reversibility
- (iii) What does the term “ periodization” refer to in sports training?
- (a) Varying training intensity over time
 - (b) Consistent training without breaks
 - (c) Training at the same intensity every day
 - (d) A static training program
- (iv) Which energy system is primarily utilized during short bursts of intense activity, such as weightlifting or sprinting?
- (a) Aerobic
 - (b) Anaerobic alactic
 - (c) Anaerobic lactic
 - (d) Both (a) and (b)

(4)

- (v) What is the purpose of a cool-down in sports training?
- (a) To prepare the body for exercise
 - (b) To gradually decrease heart rate and body temperature
 - (c) To enhance endurance
 - (d) None of the above
- (vi) What is the role of core stability in sports training?
- (a) To improve cardiovascular endurance
 - (b) To enhance overall strength
 - (c) To stabilize the spine and pelvis
 - (d) To increase flexibility
- (vii) What is the primary focus of the FITT principle in sports training?
- (a) Frequency, Intensity, Type, Time
 - (b) Flexibility, Intensity, Target, Time
 - (c) Frequency, Intensity, Time , Target
 - (d) Flexibility, Intensity, Type, Target
- (viii) What does the acronym DOMS stand for in the context of sports training?
- (a) Delayed Onset Muscle Soreness
 - (b) Dynamic Overload and Muscle Stiffness
 - (c) Daily Onset of Muscle Strain
 - (d) Dynamic Overuse and Muscular stiffness