# MASTER OF PHYSICAL EDUCATION EXAMINATION, 2023

( 2nd Year, 3rd Semester )

## Scientific Principles of Sports Training

## PAPER - MPCC - 301

Time : Three hours | Full Marks : 70

### Group - A

Answer ***any three*** questions.

1. What do you mean by Sports Training? Explain in brief about the aim of sports training in detail. 3+12=15
2. What is training load? Describe the components of training load in details. Explain super compensation along with its basic principles. 3+6+6=15
3. Describe different types of edurance. How development will take place for aerobic endurance? 6+9=15
4. What is periodization? Write down the objectives of periodization. Explain in brief about the aim and content of different phases of periodization. 2+3+10=15
5. Write down the symptoms and causes of overload. Describe remedial measures of overload. Explain the factors that can affect pace of recovery. 4+4+3+4=15

### Group - B

6. Write short notes on ***any two*** of the following : 7½×2=15
   a) Interval training method
   b) Development of strength
   c) Different phases of speed
   d) Talent identification.
7. Choose the correct option from the following (***any ten***) : 1×10=10

i) A less weight-lifting style in which light weights and high repetition are used is commonly known as

a) Body typing
b) Body sculpting
c) Body kinetics
d) Body kinematics

ii) Which of these gives the correct sequence of phases in a ballistic movement?

a) Action, recovery, preparation
b) Preparation, action, recovery
c) Preparation, recovery, action
d) Recovery, action, preparation

iii) Long term exercise program made up of different activities & sports for developing all round fitness is known as

a) Set training
b) Circuit training
c) Interval training
d) Cross training

iv) Main consideration for effective periodization should be

a) Base creation
b) Achievement of top form
c) Skill development
d) Development of tactical ability

v) The major components of the primary period of overload are

a) frequency of exercise, intensity, type, and time
b) frequency of exercise, warm-up, and cool-down
c) frequency of exercise, intensity, and time
d) frequency of exercise, time, type, and progression.

vi) Match **List–I** with **List–II** and select the correct option from the codes given below :

| **List – I** | | **List – II** |
|---|---|---|
| a) High performance | — | i) Tactical action |
| b) Organization of competition | — | ii) Talent identification |
| c) Screening of children | — | iii) Training stage |
| d) Motor solution of competition task | — | iv) Competition system |

Codes:

| | a | b | c | d |
|---|---|---|---|---|
| a) | i | iii | iv | ii |
| b) | iii | iv | ii | i |
| c) | iv | ii | i | iii |
| d) | ii | i | iii | iv |

vii) To bring a sports person to the level of peak performance by a shortest period of time we used

a) Overload Method
b) Circuit Method
c) Repetition Method
d) Fartlek Method

viii) The somatic-functional symptoms of overload can be identified by:

a) less of sleep
b) loss of appetite
c) loss of weight
d) all of these

ix) Which principle of sports training implies for a balance between stress and rest?

a) Principle of adaptation
b) Principle of overload
c) Principle of progression
d) Principle of use/disuse

x) Sprinting speed is best developed through

a) Interval training
b) Weight training
c) Plyometric training
d) Continuous running

xi) In sports training load density is determined by

a) Time of competition
b) Training intensity
c) Objective of the unit
d) Duration of training

xii) Too rapid weight loss due to dieting, fasting or excessive exercise may bring down the level of your fat but it may also cause you to lose muscle

a) Strength
b) Potential
c) Elasticity
d) Mass