



QP CODE: 24802862



Reg No :

Name :

M.P.E.S DEGREE EXAMINATION, MAY 2024
Third Semester
MASTER OF PHYSICAL EDUCATION AND SPORTS
CORE - PE030301 - SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

2020 Admission Onwards

2B3C347B

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. What does "frequency" mean in the context of training load?
2. What are the indicators or signs that someone may be experiencing the effects of overload in their training programme?
3. What are the three primary components of physical fitness, and how do they contribute to overall health and well-being?
4. Discuss two types of flexibility.
5. What are two purposes of fitness testing?
6. How do you improve explosive power?
7. What are the training cycles?
8. Give any two examples of cross training sports examples.
9. What is the impact of doping on an athlete's health?
10. How does the "Athlete Whereabouts" program contribute to blood doping control?

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. In what ways does impaired communication and difficulty in expressing thoughts represent functional symptoms associated with overload?





12. How does strength training contribute to injury prevention in athletes?
13. How does age and gender influence the interpretation of BMI?
14. How does flexibility improve agility?
15. Define balance. What type of movement is balance?
16. Which is the factor affecting sports training programs?
17. What is periodization of muscle and strength?
18. What measures can athletes take to ensure they are using safe and compliant OTC medications while adhering to IOC regulations?

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

*Weight **5** each.*

19. Explain the different phases of recovery.
20. Explore the different types of endurance and their significance in athletic performance and overall fitness.
21. What is balance and coordination? Why balance and coordination important in sports?
22. Write a note on a) long term training plan b)short term training plan. Explain the features of long term and short term training plan.

(2×5=10 weightage)

