

2024

## 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 aim and characteristics of Sports Training. 15

*Or,*

Describe the Principles of Sports Training and Coaching with suitable example. 15

2. Discuss the various components of Load. Describe the importance of Load for the development of Sports Performance. 5+10

*Or,*

Define Load and Overload. Discuss in detail about the various factors which affects recovery process. 5+10

3. Define Speed. Discuss in detail about the various training methods for Speed development. 3+12

*Or,*

What are the various types of Strength? Explain in detail about each type of the Strength along with suitable example from sports fields. 3+12

4. Write notes on the following (*any two*) : 7½×2

- (a) Tactics in Sports
- (b) Aim and objectives of Preparation Phase
- (c) Psychological preparation for competition
- (d) Training through Competition.

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

- (a) What does 'Sport Science' encompass?
  - (i) The study of sports history
  - (ii) The application of scientific principles to improve performance
  - (iii) The financial aspects of sports
  - (iv) The sociology of sports.

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- (b) Sports training aims at improvement of
- (i) Performance
  - (ii) Physical fitness
  - (iii) Technical skill
  - (iv) Tactical development.
- (c) What is the primary benefit of a structured training plan?
- (i) It allows random exercises.
  - (ii) It helps to track progress and adjust goals.
  - (iii) It discourages recovery time.
  - (iv) It focuses only on one aspect of fitness.
- (d) Which of the following principle is essential for effective training?
- (i) Specificity
  - (ii) Randomness
  - (iii) Inconsistency
  - (iv) Overtraining.
- (e) What does the term 'Periodisation' refer to in sports training?
- (i) The process of recovery
  - (ii) The organization of training into cycles
  - (iii) The variety of exercises
  - (iv) The measurement of performance.
- (f) Which type of training focuses on developing Aerobic Capacity?
- (i) Strength Training
  - (ii) Endurance Training
  - (iii) Flexibility Training
  - (iv) Speed Training.
- (g) Which training method is characterized by high-intensity workout followed by rest?
- (i) Continuous training
  - (ii) Fartlek training
  - (iii) Interval training
  - (iv) Circuit training.
- (h) Which psychological skill is important for athletes during competition?
- (i) Anxiety development
  - (ii) Focus on performance
  - (iii) Distraction from goal
  - (iv) Feeling fatigue in muscles.
- (i) Which of the following strategies can enhance recovery?
- (i) Dehydration
  - (ii) Active recovery techniques
  - (iii) Ignoring rest
  - (iv) Excessive training.
- (j) Which training method combines strength and aerobic exercises?
- (i) Interval training
  - (ii) Circuit training
  - (iii) Flexibility training
  - (iv) Static stretching.



- (k) Which of the following is a sign of overtraining?
- (i) Increased performance
  - (ii) Decreased energy levels
  - (iii) Improved recovery
  - (iv) Enhanced motivation.
- (l) Which training principle emphasizes the need for gradual increases in training load?
- (i) Overtraining
  - (ii) Progressive overload
  - (iii) Static training
  - (iv) Randomness.
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