

QP CODE: 24900250



Reg No:.....

Name:.....

MAHATMA GANDHI UNIVERSITY, KOTTAYAM

FIRST SEMESTER MGU-UGP (HONOURS)

REGULAR EXAMINATION NOVEMBER 2024

First Semester

Discipline Specific Core Course - MG1DSCSAC100

INTRODUCTION TO STRENGTH & CONDITIONING

(2024 ADMISSION ONWARDS)

Duration: 1.5 Hours

Maximum Marks: 50

**Remember (K), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C), Interest (I),
Appreciation (Ap), and Skill (S)**

*Students should attempt atleast one question from each course outcome to enhance their overall
outcome attainability.*

[Learning Domain][CO No(s)]

Part A

Multiple Choice Questions

Answer all questions.

Each question carries 1 mark.

- 1 Who is credited with developing the concept of "periodization"? [K] [2]

a) Hans Selye	b) Tudor Bompa
c) Arthur Jones	d) Joseph Curtis Hinson
- 2 Which component of fitness refers to the ability to perform daily tasks with ease? [U] [1]

a) Muscular strength	b) Muscular endurance
c) Functional capacity	d) Cardiorespiratory endurance
- 3 Which principle of strength and conditioning ensures that the athlete experiences continued improvement? [U] [2]

a) Specificity	b) Overload
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|----|--|---|---------|
| | c) Repetition | d) Rest | |
| 4 | How can strength and conditioning professionals apply the GAS model to program design? | | [A] [4] |
| | a) Incorporate recovery phases | b) Increase intensity and volume | |
| | c) Decrease rest and recovery | d) Ignore periodization | |
| 5 | Muscular imbalances can be caused by: | | [K] [2] |
| | a) Overuse of certain muscle groups | b) Consistent use of balanced training techniques | |
| | c) Equal engagement of agonist and antagonist muscles | d) Incorporating unilateral training | |
| 6 | Foam rolling is commonly used to improve mobility by: | | [U] [2] |
| | a) Strengthening muscles around the joints | b) Enhancing neuromuscular coordination | |
| | c) Releasing muscle tightness and improving tissue quality | d) Increasing heart rate and body temperature | |
| 7 | Cryotherapy in rehabilitation is primarily used for: | | [K] [4] |
| | a) Muscle growth and hypertrophy | b) Reducing muscle soreness, inflammation, and swelling | |
| | c) Improving joint mobility | d) Enhancing flexibility | |
| 8 | Cross-training during reconditioning is beneficial because: | | [E] [2] |
| | a) It prevents overuse of the injured area while maintaining overall fitness | b) It is easier to perform than traditional strength training | |
| | c) It focuses only on building flexibility | d) It targets the exact same muscles involved in the injury | |
| 9 | Visceral fat is located: | | [K] [1] |
| | a) Just under the skin | b) Around the organs | |
| | c) In the muscles | d) In bones | |
| 10 | Which type of exercise is characterized by rapid stretching followed by shortening of the muscles? | | [U] [4] |
| | a) Isometric | b) Plyometric | |

c) Aerobic

d) Resistance

(10 × 1 = 10)

Part B

Short Answer Questions

Answer 10 questions.

Each question carries 2 marks

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|----|---|------|-----|
| 11 | How has technology impacted strength and conditioning in recent years? | [U] | [2] |
| 12 | What is the role of a strength and conditioning coach? | [U] | [1] |
| 13 | Why is strength and conditioning considered essential for athletes? | [U] | [1] |
| 14 | What is muscular imbalance, and how can it contribute to injury? | [U] | [1] |
| 15 | Explain the role of mobility exercises in a rehabilitation program for athletes. | [U] | [2] |
| 16 | Why is sports-specific rehabilitation important for an athlete's return to play? | [U] | [1] |
| 17 | What specific cardiovascular benefits arise from strength training? | [U] | [2] |
| 18 | How can nutrition influence body composition? | [U] | [4] |
| 19 | What are the stages of Long-Term Athlete Development (LTAD)? | [K] | [1] |
| 20 | What factors can influence the effectiveness of skill integration practices in an athlete's training program? | [An] | [4] |
| 21 | Compare and contrast the adaptations seen in a sprinter versus a marathon runner based on the SAID principle. | [An] | [4] |
| 22 | What role does a coach play in Performance Monitoring? | [U] | [4] |

(10 × 2 = 20)

Part C

Short Essay Type Questions.

Answer 4 questions.

Each question carries 5 marks.

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|----|--|------|-----|
| 23 | Discuss the need for and importance of strength and conditioning in modern sports. | [K] | [4] |
| 24 | Analyze the impact of age and gender on flexibility and mobility. | [U] | [2] |
| 25 | How does technology (e.g., wearable devices, rehabilitation software) impact the rehabilitation process in sports? | [An] | [4] |

- 26 What are the key components of a healthy lifestyle and how do they contribute to overall well-being? [U] [2]
- 27 What is the Long-Term Athlete Development (LTAD) model, and what is its significance? [U] [3]
- 28 What is the primary role of a strength and conditioning coach in an athlete's training regimen? [U] [3]

(4 × 5 = 20)

END OF THE QUESTION PAPER
