



QP CODE: 25804822



25804822

Reg No :

Name :

MPES DEGREE EXAMINATION, NOVEMBER 2025

Third Semester

MASTER OF PHYSICAL EDUCATION AND SPORTS

Core Course - PE030301 - SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

2021 Admission Onwards

16DC04C3

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. What is the main role of a coach in a team setting?
2. How does a balanced diet contribute to the overall recovery of an athlete?
3. What are the psychological benefit of physical activity?
4. How does flexibility impact athletic performance?
5. What are the methods of training power?
6. Why is dynamic balance important in sports?
7. What is training plan?
8. What is altitude training?
9. How does autologous blood doping work?
10. What are Over-The-Counter (OTC) drugs, and why are they easily accessible to the public without a prescription?

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. What are the key stages involved in the supercompensation process following a training session?
12. Classify and provide explanations for the various types of strength.
13. What is the ectomorph body type, and how would you describe its typical characteristics?
14. What are the skill related components of physical fitness?





15. Describe the physical and mental benefits of coordination.
16. What are the features of short term training plan?
17. Which is the most important aspect of periodization?
18. How can the public and media contribute to raising awareness about blood doping control?

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

Weight 5 each.

19. Design a one month training programme for a sprinter that effectively utilizes the principles of load adaptation.
20. Examine the factors that determine endurance.
21. Examine agility for physical fitness and sports. How to test for and improve agility.
22. Discuss about the factors to be considered while preparing microcycle, mesocycle and macrocycle.

(2×5=10 weightage)

