

Your Roll No.....

Name of the course : Master of Physical Education (M. P. Ed.)
Paper No. : MPE-0702
Name of the paper : Scientific Basis of Sports Training & Talent Identification
Semester : I-December-2024

Duration: 3 Hours

Maximum Marks: 75 Marks

Instructions for students

- Write your Roll No. on the top right side Immediately on the receipt of this question paper)
- Attempt any five questions. Each question carries 15 marks.

- Q1. Discuss the principles of sports training and how they apply to the development of training plans.
- Q2. Describe the overload principle in sports training. What are the common causes and symptoms of overload, and how can they be managed?
- Q3. Enlist different types of strength and Explain in detail all the training methods suitable for developing. Describe the any one type of Strength.
- Q4. Discuss the definition and classification of coordinative abilities and how they can be developed through training.
- Q5. Discuss the methods employed for technique training and how technical faults can be identified and corrected.
- Q6. Define periodization and explain its need in training of athletes for peak performance at competitions.
- Q7. Describe the different types of training plans (macro, micro, meso) and their purposes in an athlete's development.
- Q8. Calculate Target Heart Rate using the Karvonen method:
- a) For a 18-year-old Boy if his resting heart rate is 70 and training intensity is 50%.
 - b) For a 30-year-old marathon runner if her resting rate 55 and training intensity 70%.