

**OPEN BOOK EXAMINATION SCHEME 2020
MASTER OF PHYSICAL EDUCATION
M.P.Ed. Sem.-I, MARCH 2021**

PAPER MPE -0702

SCIENTIFIC BASIS OF SPORTS TRAINING & TALENT IDENTIFICATION

Instruction for students:

- a) Attempt any **FOUR QUESTIONS**. All questions carry equal marks.
- b) The duration of question paper is of **4 hours duration out of which** the student is provided with **3 hours for answering** the question paper and **1 hour is given for** downloading the question paper, scanning the answer sheet in PDF format and uploading the scanned PDF of the answer sheet on the portal.

Maximum Marks: 50

1. Describe the concept of sports training of your game and explain in detail characteristics of sports training.
2. Describe sports training load and recovery process and how it affects sports performance?
3. Describe in detail the physiological and mental aspect of coordinative abilities.
4. Explain the interval training method and prepare an evening session training schedule for university level players.
5. Explain the need and top form of periodization in detail.
6. Describe the talent identification and selection of your chosen sports.
