

2015

M.A.

3rd Semester Examination

PHYSICAL EDUCATION

PAPER — PED-303

Full Marks : 40

Time : 2 Hours

The figures in the right-hand margin indicate full marks.

Candidates are required to give their answers in their own words as far as practicable.

Illustrate the answers wherever necessary.

Answer one question from each Unit.

Unit - 1

1. Define training and sports training. Describe the principles of sports training. 4+6
2. What is Training Load ? Factors effecting Training Load ? Describe the symptoms of Over Load. 4+3+3

Unit - 2

3. What is Endurance in sports ? Write down the determining factors of Endurance ? Briefly explain the different methods of Training for the development of Endurance. 2+4+4

(Turn Over)

4. What is strength? Explain the factors effecting strength.
Explain strength Training for woman. 2+4+4

Unit - 3

5. Define Flexibility. Write down the forms and methods of training for the development of Flexibility. 2+2+6
6. What is co-ordination? Explain nature and method for development of co-ordination? 2+4+4

Unit - 4

7. What do you mean by periodisation? Explain the aim and content of different Training periods of Periodisation. 2+3+5
8. What is Talent Identification? Explain the principles and steps for Talent identification. 2+4+4
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