

**M.P. Ed. Third Semester Examination, 2013**  
**PAPER: FIRST**  
**SCIENTIFIC COACHING METHODS**  
**AS-2595**

**SECTION-A**

1. N.P.F.P. and P.Y.K.A.
2. Gwalior and Patiala
3. Stages: (a) Acquisition of rough skill. (b) Acquisition of fine skill. (c) Mastery
4. Tactics: Applied in game, and Strategy: Overall plan before game
5. **Stress** is simply a reaction to a stimulus that disturbs our physical or mental equilibrium.
6. Participation in number of competitions.
7. The process of preparing the sportsman to give his best performance in a particular competition is called as periodization.
8. To provide recovery and relaxation to the sportsman after the long and hard training.
9. Recognising the players who have pre-requisite qualities in particular sport.
10. Anabolic Steroids, Diuretics, Stimulants, Sedatives.

**SECTION-B**

**The following points are to be explained/described in detail:**

**UNIT-I**

11. Answer: **Motor development** is the step to step ability of an infant to carry out various human skills. The skills include: movement control, flexibility, dexterity, exploration.

Various phases of development and motor development in these phases have to be dealt.

- Early Childhood
  - General behaviour and development
  - Motor Development
  - Training Implications
- Middle Childhood
  - General behaviour and development
  - Motor Development
  - Training Implications
- Late Childhood
  - General behaviour and development
  - Motor Development
  - Training Implications

- Pubescence
  - General behaviour and development
  - Motor Development
  - Training Implications
  
- Adolescence
  - General behaviour and development
  - Motor Development
  - Training Implications

OR

Answer: The following points have to be explained:

- A brief history of NSNIS.
- Why it was started?
- Need of coaches in India.
- Various course curriculums in NSNIS.
- Coaching centres in India.
- Comparison of sports performance before and after establishment of NSNIS.

## UNIT-II

12. Answer: Causes of faults are as follows:

- Wrong or incomplete movement concept.
- Poor movement perception.
- Poor level of conditioning.
- Poor level of coordinative abilities.
- Anatomical or physical factor.
- Incorrect coupling.
- Interference of motor learning by already learnt movements.
- Emotional factors like: fear, anxiety etc.
- Inadequate motivation, attention and concentration.
- Fatigue, injury and stiffness.

Correction of errors in skill learning can be done by:

- Direct method
- Indirect method

OR

Answer: The answer has to explain as follows:

<ul style="list-style-type: none"><li>• Definition of technique.</li><li>• Technique training in first phase.</li><li>• Technique training in second phase.</li><li>• Technique training in third phase.</li><li>• Implication of technique training.</li></ul>	<ul style="list-style-type: none"><li>• Definition of tactics</li><li>• Tactics training in first phase.</li><li>• Tactics training in second phase.</li><li>• Tactics training in third phase.</li><li>• Implication of tactics training.</li></ul>
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### UNIT-III

13. Answer: Competition planning has to be explained by these points:

- General Athletics Equipment List At-A-Glance
- Goals
- Assessing Goals Checklist
- Periodization
- Confirmation of Practice Schedule
- Essential Components of Planning a Athletics Training Session
- Principles of Effective Training Sessions
- Tips for Conducting Successful Training Sessions
- Tips for Conducting Safe Training Sessions
- Athletics Practice Competitions
- Selecting Team Members
- Creating Meaningful Involvement in Unified Sports®
- Athletics Athlete Skills Assessment
- Athletics Skills Assessment Card
- Daily Performance Record
- Athletics Attire
- Athletics Equipment

Following points are to be dealt in the importance of competition planning:

- Aims and objectives of competition.
- Importance of time and training sessions.
- Importance of competition for him and his country.
- Periodization.
- Tactics and strategy.

OR

Answer: Mental Instability is a mental disorder or psychiatric disorder is a mental or behavioural pattern or anomaly that causes distress or disability, and which is not developmentally or socially normative.

Following are the reasons of trainee's mental health instability during training session (to be elaborated):

- **Depression:** Severe despondency and dejection typically felt over a period of time and accompanied by feelings of hopelessness and inadequacy.

- **Stress:** Emotional strain or tension.
- **Schizophrenia:** A long-term mental disorder of a type involving a breakdown in the relation between thought, emotion, and behaviour, leading to faulty perception, inappropriate actions and feelings, withdrawal from reality and personal relationships into fantasy and delusion, and a sense of mental fragmentation.
- **Clinical depression:** The act of depressing or the state of being depressed.
- **Injury**
- **Family Problems etc.**

#### UNIT-IV

14. Answer: Post tournament plan is most important part of strategy for future main tournament because it gives a total feedback on:

- Continuous increase in performance in previous series of competitions.
- Level of expected performance.
- Fitness level
- Symptoms of over load.
- Fear
- Anxiety
- Aggression
- Mental toughness.
- Temperament etc.

OR

Answer: Following points should be explained in essential features of long term plans/preparation of a team:

- Training conception:
  - Basic training stage
  - Advance training stage
  - High performance training stage
- Olympic plans:
  - Group plans
  - Individual plan
- Yearly Plans:
  - Group plans
  - Individual plans
- Meso-cycle plan

- Micro-cycle plan
- Training session plans
- Competition and its plan
- Performance analysis and its assessment.

#### UNIT-V

15. Answer: Various techniques of talent identification are as follows:

- Screening of children for basic training stage:
  - Health
  - Physique
  - General physical performance capacity
  - Motives
  - Interest
  - Interest of parents
  - Mental Capabilities
- After basic training:
  - Physique
  - Motor abilities
  - Performance
  - Cognitive factors
  - Emotional factors
  - Personality traits
  - Ability to tolerate load
- For advance training:
  - Physique
  - Performance and the potential for performance
  - Talent indicators
  - Cognitive factors
  - Emotional factors
  - Personality traits
  - Experimentation by training for a limited period in sports.

OR

Answer: Methods of identifying sports talent at school and district level can be explained with reference to these points:

- Morphological
  - Somatotype (stature)
  - Mass
  - Height
  - Fat-free mass
  - Length and interrelationships among segment lengths
  
- Motor
  - Strength
  - Speed
  - Reaction time
  - Agility
  - Flexibility
  - Balance – static and dynamic
  
- Psychological and Sociological
  - Personality Traits
  - Psychological profiling
  - Readiness
  - Coachability
  - Self-concept
  - Sociometric assessments
  - Significant others
  - Visual perception assessments
  - Includes decision making and “game Intelligence”

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