

- Sr. No. of question paper:
- Name of the course: Master of Physical Education
- Title of the paper: MPE-702 Scientific Basis of Sports Training & Talent Identification
- Semester: I (April 2022)

Duration: (3hr + 1hr \*)

MM: 50 Marks

(\*For Downloading QP, Scanning Answer Sheet and Uploading it.)

*Note- Instructions for Candidates-*

- *Question paper consists of six questions and attempts any four questions.*
- *All questions carry equal marks*
- *Answers may be written either in English or Hindi; but the same medium should be used throughout the paper.*

1. Define training load and adaptation. Explain the causes and symptoms of overload.
2. Explain in detail the concept of bio-motor abilities for excellence in sports.
3. Explain the technical training and its implication in second phase of technical training.
4. Define tactics and aim of tactics according to your selected sport.
5. Explain the concept of preparation for competition with suitable example.
6. Explain in detail the different phases of talent identification.

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