

**COURSE CODE - 6070201**

**M.PHIL DEGREE EXAMINATION - JAN 2009**

**M.PHIL (PHY. EDUCATION)**

**TRAINING METHODS - I**

**(For Candidates admitted from the calendar year 2007 on wards)**

**Time: 3 Hours**

**Max Marks: 100**

**Section - A**

**Answer ALL the Questions:**

**10 X 3 = 30**

1. Define training methods?
2. Circuit training?
3. Fartlek training?
4. Define Emotional fitness?
5. Define strength?
6. Define Elastic strength?
7. Define Isokinetic?
8. Define speed barrier?
9. Define Endurance?
10. Define vital capacity?

**Section - B**

**Answer any FIVE Questions:**

**5 X 6 = 30**

11. Principles of training?
12. Characteristics of physical fitness?
13. How to develop strength?
14. Explain the type of strength?
15. How to develop speed?
16. How to develop endurance?
17. Explain the various factors influencing mobility?
18. Testing process and rules for measuring strength and speed?

**Section - C**

**Answer any TWO Questions:**

**2 X 20 = 40**

19. Explain the various types of training?
20. Explain the various types of muscular activity?
21. Explain the proper instrument for measuring physiological experiments?