

**COURSE CODE - 6070202**

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

**M.PHIL (PHYSICAL EDUCATION)**

**TRAINING METHODS - II**

**(For Candidates admitted from the calendar year 2007 onwards)**

**Time: 3 Hours**

**Max Marks: 100**

**Section - A**

**Answer ALL the Questions:**

**10 X 3 = 30**

1. Define Acrobatics?
2. Explain Anaerobic?
3. Explain Heart rate?
4. Describe the Blood Pressure?
5. Define Lactic acid?
6. Define Reaction time?
7. Define the importance of minerals?
8. Explain blood doping?
9. Define about anabolic steroid?
10. What is mean by muscle tone?

**Section - B**

**Answer any FIVE Questions:**

**5 X 6 = 30**

11. Aerobic and Anaerobic muscular metabolism?
12. Effect of heart rate and heart size on aerobic endurance training?
13. Importance of physical growth in competitive sports?
14. Cardio respiratory endurance exercise programme for the speed?
15. Effect of drug on human body?
16. Importance of mutilation on developing sports performance?
17. Effects of drugs on sports performance?
18. Effect of smoking on performance?

**Section - C**

**Answer any TWO Questions:**

**2 X 20 = 40**

19. Explain the effect of training on physiological variables?
20. Explain the physiological change on?
21. Explain the effect of climate changes and high training on sports performance?