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BACHELOR OF BUSINESS ADMINISTRATION
(B.B.A.IN SPORTS MANAGEMENT) (472)
EXAMINATION: DECEMBER - 2025
SEMESTER - V

Sub.: Sports Training and Coaching (BBA23-S515)

Date : 23/12/2025

Total Marks : 60

Time: 10.00 am To 12.30 pm

Instructions: 1) All questions are compulsory.
 2) Figures to the right indicate full marks.

Q. 1. Choose the most appropriate option. (05)

1. GPS devices in sport are mainly used to measure:
 - a) Stroke technique
 - b) Running load and intensity
 - c) Motivation
 - d) Tactical intelligence
2. Blocked Practice is best used for:
 - a) Beginners learning new skills
 - b) Experts improving match performance
 - c) Decision-making training
 - d) Chaos training
3. Psychological Skills Training (PST) includes:
 - a) Only fitness drills
 - b) Imagery, self-talk, relaxation
 - c) Only technical correction
 - d) Tactical video analysis
4. Which is a key feature of Transformational Coaching?
 - a) Punishment-based leadership
 - b) Focusing only on results
 - c) Inspiring athletes through vision & values
 - d) Allowing athletes to train without structure
5. Social Cohesion refers to:
 - a) How well players understand tactics
 - b) Physical conditioning
 - c) Bonding and interpersonal relationships
 - d) Player-coach conflict

Q. 2. State True / False (05)

1. Motor Learning leads to a relatively permanent change in movement behavior.
 - a) True
 - b) False
2. Intrinsic motivation comes from internal satisfaction rather than external rewards.
 - a) True
 - b) False
3. Blocked practice is more effective than random practice for improving decision-making under pressure.
 - a) True
 - b) False
4. Tactical coaching focuses mainly on athlete behaviour, decision-making, and strategy.
 - a) True
 - b) False
5. In Periodisation, a microcycle usually lasts several months.
 - a) True
 - b) False

Q. 3. Write Short notes on (Any Three) (15)

1. Limitations of Performance Analysis in sport.
2. Qualitative vs Quantitative analysis.

3. Relative Age Effect (RAE).
4. Coaching roles: educator, mentor, motivator.
5. Autocratic vs Democratic Coaching Style.

Q. 4. Answer in detail (Any Two) (20)

1. Describe LTAD and its key stages.
2. Describe Fitts & Posner's stages of learning with sport examples.
3. Discuss the Coaching Process Cycle and design a session plan for any sport.
4. Define Periodisation and describe its importance in planning.

Q. 5. Case study (Any One) (15)

1. –Football: Poor Decision-Making in Final Third

Your U-19 football team reaches the attacking third often but fails to create scoring chances. Players make rushed decisions, shoot from poor angles, and ignore passing options.

Question:

Identify the issues and design a training plan using Skill Acquisition + Tactical Coaching + Performance Analysis.

- 2 Case Study – Cricket: Fast Bowler Losing Pace

A state-level fast bowler has dropped 7–10 km/h in the last 3 months. Video shows no major technical change, but GPS shows high weekly workload.

Question:

Explain possible causes and prepare a Periodisation + Recovery + Communication strategy to restore performance.
