

TILAK MAHARASHTRA VIDYAPEETH, PUNE
BACHELOR OF BUSINESS ADMINISTRATION
B.Sc Sports Science (613)
EXAMINATION : DECEMBER - 2025
SEMESTER -V

Sub: Principles of Sports Coaching (BSC23-515)

Date: 23/12/2025	Total marks: 60	Time: 10.00 am To 12.30 pm
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Q. 1. Answer in Detail **(30)**

1. Discuss the Coaching Process Cycle and design a session plan for any sport.
2. Explain Periodisation in detail by creating a 12-week macrocycle for any sport position.
3. Explain the importance of Communication in coaching with examples.

Q. 2. Write Short Notes(Any Two) **(10)**

1. Modern technology in analysis (GPS, drones, software).
2. Confidence-building strategies in athletes.
3. Psychological Skills Training (PST) – components.
4. Autocratic vs Democratic Coaching Style.

Q. 3. Answer in Short **(10)**

1. What is Motor Learning?
2. What is KP (Knowledge of Performance)?
3. What is a Mesocycle?
4. What is Team Cohesion?
5. What is Bio-Banding?

Q. 4. Case Study **(10)**

Athletics: Overtraining Symptoms

A 400m runner reports fatigue, irritability, decreased performance, and slow recovery. Training volume was increased recently.

Question:

Explain signs of overtraining and design a load-management plan using Monitoring + Recovery + Periodisation.