

**D-4036**

**Sub. Code**

**40621**

DISTANCE EDUCATION

P.G. DIPLOMA IN SPORTS MANAGEMENT  
EXAMINATION, MAY 2024.

Second Semester

SCIENTIFIC APPROACHES OF SPORTS PERFORMANCE

(CBCS 2018 – 19 Academic Year Onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Define strength.
2. Define balance.
3. Explain co-ordination.
4. Explain instrumental aggression.
5. Write a note on the law of reaction.
6. Define lever.
7. Explain leadership.
8. Write a note on bending.
9. Define angular velocity
10. Explain Friction.

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

11. (a) Describe Fitness Tests.

Or

- (b) Describe Sports Performance.

12. (a) Explain Bilateral Co-ordination.

Or

- (b) Explain upper limb speed and dexterity.

13. (a) Explain mental Toughness.

Or

- (b) Explain Dynamics of the Personality.

14. (a) Describe linear velocity.

Or

- (b) Describe Kinematics.

15. (a) Explain Muscle speed.

Or

- (b) Explain Deformation.

PART C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Health related Physical Fitness – Discuss.

17. Describe Parallel forces.

18. Explain basic Principles of Biodynamic.
  19. Briefly explain Biomechanical Endurance.
  20. Explain test administration of Breath Holding Time.
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