

Question Paper

Exam Date & Time: 20-Apr-2022 (10:00 AM - 01:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

SEVENTH SEMESTER B.Sc. EXERCISE AND SPORTS SCIENCES DEGREE EXAMINATION - APRIL 2022
SUBJECT: BES 401 - STRENGTH AND CONDITIONING
(2016 SCHEME)

Marks: 100

Duration: 180 mins.

Answer all the questions.

- 1) Explain in detail the candidacy, precautions and procedure for the measurement of 1 Repetition Maximum. (20)
- 2) Explain in detail the program design for plyometric training. (20)
- 3) Explain the components of pre participation screening. (10)
- 4) Explain the components of sprint running. (10)
- 5A) Write a brief note on fitness fatigue theory. (5)
- 5B) Equipment and facility requirement for plyometric training. (5)
- 5C) Common training errors in sprinting. (5)
- 5D) Absolute contraindications to exercise training. (5)
- 5E) Interval methods for speed endurance development. (5)
- 5F) Margaria - Kalamen Test for measuring muscular power. (5)
- 6A) What is post activation potentiation? (2)
- 6B) Name the phases of periodization? (2)
- 6C) What is cross training? (2)
- 6D) Name the treatment goals during the repair phase following injury. (2)
- 6E) Name the modes of providing sprint resistance. (2)

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