



Q.1. Give short answers of the following: (6x5=30)

1. What are the qualities of a good sports coach?
2. How does the relationship of a sports coach become stronger with a sports organization
3. Write the names of different coaching styles and which one you consider the best and why
4. Discuss in detail the principle of reversibility in sports training
5. Briefly define five health-related physical fitness components
6. Discuss in detail the principle of gradualness in sports training

Q.2. Solve the following questions: (3x10=30)

1. What is local endurance and what methods can be used to develop local endurance discuss in detail one of them
2. What is speed and how can we improve the speed of an athlete, discuss in detail
3. Write a comprehensive note on Warm-up regarding its need, importance and effects on the athlete.