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BACHELOR OF BUSINESS ADMINISTRATION
(B.B.A. IN SPORTS MANAGEMENT)
EXAMINATION: DECEMBER - 2022
SEMESTER - V

Sub. : Sports Coaching & Training (BBA20- 523)

Date : 19/12/2022

Total Marks : 60

Time: 10.00am to 12.30pm

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

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

1. The coaches need to carry out a wide of functions in relation to themselves, one of them is:

a) Identify individual differences	b) Developing psychological abilities
c) Developing a coaching philosophy	d) Evaluate performance

2. The coaches need to carry out a wide of functions in relation to the athletes, one of them is:

a) Facilitate life-skills learning	b) Evaluate the program
c) Demonstrate leadership	d) Evaluate the coaching staff

3. Which is a common myth in coaching?

a) Leaders control.	b) Leaders are not always charismatic
c) Leaders are not born, but made.	d) Power is not bad

4. What fits into the stage of development for young athletes?

a) Physical	b) Social
c) Moral	d) All of the above

5. A successful athlete-coach relationship is dependent on

a) Performance	b) Effective Communication
c) Technical Coaching	d) All of the above

Q. 2. State True / False (05)

1. A youth coach should be a good technical coach, above everything else

a) True	b) False
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2. A coach should only focus on the performance of the Senior team athletes

a) True	b) False
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3. A Sports Psychologist can also help improve an athlete's performance

a) True	b) False
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4. A former athlete can always be a good coach in the future.

a) True	b) False
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5. A Female team has to be coached differently to the Male team

a) True	b) False
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Q. 3. Write Short notes on (Any Three) (15)

1. How can coaches make the sport environment and sport experience more fun for kids?
2. Explain the must have communication skills in a coach.
3. Explain how a coach can become a Reflective coach
4. What is Developmentalism?
5. Explain the Authoritarian approach in coaching

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

1. What is the difference between teaching and coaching?
2. Explain how coaches can develop a coaching philosophy
3. What is ethical coaching?

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

1. Positive coaching and its impact on a team/athletes performance
 2. Negative coaching and its impact on a team/athletes performance
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