



Mauritius

Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A++ Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment – I - August 2024
III Semester

Class : II BPEd
Major : Physical Education

Max Marks: 60
Duration : 2 Hours

23BPDC15 – Sports Training

Course Outcomes

- CO1:** Understand training as performance based science
CO2: Explain different means and methods of various training
CO3: Prepare training schedule for various sports and games
CO4: Appraise types of periodization for performance development
CO5: Create various training facilities and plans for novice to advance performer

Part – A

Answer all the questions

6X 1 = 6

1. The term periodisation was introduced by
a. Harre b. Matweyew c. Zinger d. Farefel CO1 K1
2. The first book on science of sports training in India is written during
a. 1954 b. 1964 c. 1974 d. 1984 CO1 k1
3. Super compensation means
a. Fatigue b. adaptation to load c. second wind d. oxygen debt Co2 K3
4. "Delayed Transformations" occur for
a. Elite sportsmen b. Novice c. Beginner d. Moderate performer CO3 K4
5. Leg Strength best developed by
a. situps b. chinups c. depth jumps d. acceleration run CO2 K5
6. Training conception is also known as
a. Olympic plan b. Yearly plan c. Monthly plan d. Weekly plan CO2 K2

Part – B

Answer any one and it should not exceed 800 words

3X6=18

- 7 a. Narrate your views on India performance in Paris olympics 2024?
(or)
b. Write in brief - Principles of progression and principles of cyclicity of sports training? CO2 K4
- 8 a. Write short notes on Interval training and Weight training.
(or)
b. Tabulate various intensity zones. CO3 K4
- 9 a. State korvonen formula and calculate the THR and various training heart rates.
(or)
b. Define the terms - training load, heterochronicity, super compensation and peaking. CO2 K4

Part C

3X12=36

10. a. Enumerate the importance of science of sports training. CO3 K1
(or)
b. Explain any four characteristics of sports training with related examples
11. a. Elucidate load and adaptation. CO3 K2
(or)
b. Define speed and explain its types.
12. a. Describe the various strength training methodologies. CO3 K3
(or)
b. Enumerate over load and its ill effects in training with related examples

Staff In charge - Dr.R.SaravanaPrabha
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