



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65 /4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I – August 2025

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. Match the following: CO1K3
 - I. Hadhayal Singh a. System of Sport Training
 - II. P.J. Sebastian b. Strength Training and Conditioning
 - III. M.K. Sharma c. Periodization
 - IV. L.P. Matyevew d. Strength Training and Conditioning

a. isometric b. isokinetic c. isotonic d. isosynthetic
2. Fartlek training was first devised and adopted in CO1K1
 - a. Sweden b. Swizerland c. Canada d. Germany
3. Super compensation means CO2 K3
 - a. Fatigue b. adaptation to load c. second wind d. oxygen debt
4. "Delayed Transformations" occur for CO3K4
 - a. Elite sportsmen b. Novice c. Beginner d. Moderate performer
5. Leg Strength best developed by CO2K5
 - a. situps b. chinups c. plyo jumps d. acceleration run
6. Which of the following principle involves gradual increase in intensity or volume to promote adaptation CO2
K2
 - a. continuity b. progression c. Ensuring result d. cyclicity

Part – B

Answer any one and it should not exceed 400 words

3X6=18

- 7 a. Detail briefly the history of sports training or CO2 K2
b. Write any five characteristics of sports training?
- 8 a. Tabulate the general methods and means of training. Or CO3 K3
b. Describe briefly the different types of training load, including specificity, overload and individuality
- 9 a. State clearly the causes of overload. or CO2 K2
b. Define the following: speed, strength, reaction time, reflex time, endurance.

Part C

3X12=36

Answer any one and it should not exceed 800 words

- 10** a. Explain any six principles of sports training CO3 K1
- (or)
- b. Analyze the role of progressive overload in improving performance, including its physiological effects
- 11** a . Summarize the rules that govern the relationship of load and adaptation CO3 K2
- (or)
- b. Define strength and explain its types
- 12** a . Describe the various endurance training methodologies CO3 K3
- (or)
- b. Enumerate speed and state the factors influencing Speed

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