



Sambal

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 II – April 2026
IV Semester

Class : II BSc
Major : Physical Education

Time: 2 hours
Maximum Marks: 60

23BPEC13- Sports Training

Course Outcomes:

At the end of the course, students will:

1. The learners will be able to identify the fundamental concepts, theories and principles of Human body training related to sports performance.
2. The learners will be able to demonstrate the skills to train different fitness components and related planning Skill-related health and fitness in athletes.
3. The learners will be able to understand the organization to achieve high performance in sports.
4. To understand the types of training plans, types of techniques, tactics and strategy.
5. Utilize and enhance team sports programming and teaching strategies learned.

Part - A

6 x 1 = 6

Choose the Correct Answer

1. Speed is defined as the ability to perform a movement in
a. Minimum time b. Maximum time c. Limited space d. Slow motion CO1 K3
2. Flexibility refers to the ability of a joint to move through its
a. Maximum range of motion b. Minimum strength c. Maximum endurance d. Limited distance CO2 K3
3. The ability to maintain body position during movement is called
a. Power b. Balance c. Speed d. Strength CO3 K2
4. Reaction time is the time taken between
a. Stimulus and response b. Exercise and rest c. Speed and power d. Movement and balance CO1 K3
5. The process of selecting potential athletes for sports is called
a. Training b. Talent identification c. Evaluation d. Physical Education CO2 K1
6. The stage of life where physical growth and hormonal changes occur rapidly is
a. Childhood b. Adolescence c. Old age d. Infancy CO3 K2

Part - B

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Define motor components and explain the importance of speed in sports performance. CO3 K2
(or)
7. b. Explain the concept of flexibility and its benefits in physical activity CO2 K3
8. a. Describe coordination and its role in sports activities CO1 K3
(or)
8. b. Discuss the principles of talent identification in sports programs CO5K4
9. a. Write short notes on reaction time and balance CO4 K3
(or)
9. b. Explain the concept of talent identification in sports CO3 K3

Part - C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Explain the concept of technical preparation in sports training and its importance in athlete development. CO2K3
(or)
10. b. Explain the standard fitness tests used to measure motor components in sports training. CO3K3
11. a. Describe the types of reaction time and explain their role in competitive sports. CO4 K4
(or)
11. b. Explain the stages of motor development and their importance in planning physical education programs CO4K3
12. a. Discuss the importance of motor development in childhood and its influence on sports participation. CO1K4
(or)
12. b. Describe the methods used for identifying sports talent at school and community levels. CO2K3