

15BPDC15 - Sports Training

Part A

5x1=5

Choose the right answer

1. Which one of the following best describes aerobic training?
  - a) Long intervals of slow work
  - b) Short intervals of slow work
  - c) Long intervals of fast work
  - d) Short intervals of fast work
2. The cool down after exercise is important because it:
  - a) Improves oxygen uptake
  - b) Regulates breathing
  - c) Speeds the removal of lactic acid
  - d) Decreases adrenaline

3. Which of the following is not a recognised method of assessing an aspect of the body's readiness for exercise?

- a) Cooper's 12 minute run/walk test
- b) Body mass index measurement
- c) Sit and reach test
- d) Height measurement

4. Which one of the following is a health screening test?

- a) Sit and reach test
- b) 30m sprint test
- c) Blood pressure test
- d) Cooper's 12 minute run test

5. The individual expression of a movement

- a) Strategy
- b) Technique
- c) Tactics
- d) Style

Part B

5x2=10

Answer in one or two sentences

6. Define Technique
7. Define Tactics
8. What is the other name for training schedule?
9. What is the other name for meso cycle?
10. What do you mean by session plan?

