



Kambath

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 - 641043, Tamil Nadu, India

Bachelor's Degree Examination - April 2026
IV Semester

Class: II UG
Major: Physical Education

Time: 3 Hours
Max. Marks: 100

23BPEC13 Sports Training

Course Outcomes:

- CO1: The learners will be able to identify the fundamental concepts, theories and principles of Human body training related to sports performance.
CO2: The learners will be able to demonstrate the skills to train different fitness components and Related planning skill – related health and fitness in athletes.
CO3: The learners will be able to understand the organization to achieve high performance in sports.
CO4: To understand the types of training plans, types of techniques, tactics and strategy.
CO5: Utilize and enhance team sports programming and teaching strategies learned.

Part - A
Choose the Correct Answer

10 x 1 = 10

1. Sports training is best defined as
a. Participation in competition only
b. Systematic preparation to improve performance
c. Recreational physical activity
d. Physical education curriculum
CO1K1
2. The concept of gradual increase in training load is
a. Progression
b. Specificity
c. Recovery
d. Adaptation
CO1K1
3. Interval training mainly develops
a. Flexibility
b. Cardiovascular endurance
c. Skill learning
d. Reaction time only
CO2 K1
4. Progressive overload principle means
a. Sudden increase in training load
b. Gradual increase in training stress
c. Decrease in workload
d. No change in training load
CO1K1
5. Which of the following is a type of strength?
a. Static strength
b. Dynamic strength
c. Explosive strength
d. All the above
CO2K1
6. Weight training is mainly used to improve
a. Flexibility
b. Strength
c. Coordination
d. Reaction time
CO2K1
7. Ruler drop test measures
a. Strength
b. Flexibility
c. Reaction time
d. Balance
CO3K1
8. Which test measures speed?
a. 50 m dash
b. Sit and reach test
c. Stork stand test
d. Harvard step test
CO3 K1
9. Talent identification in sports refers to
a. Selecting experienced players
b. Recognizing individuals with potential for high performance
c. Training elite athletes only
d. Conducting competitions
CO4K1
10. Childhood motor development mainly emphasizes
a. Specialization
b. Fundamental motor skills learning
c. Peak performance
d. Recovery training
CO4 K1

5 x 6 = 30

Part - B

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Evaluate the importance of sports training for beginners to elite athletes. CO2K5
(or)
- 11.b. Analyze the characteristics of sports training. CO2K4
- 12.a. Explain Fartlek Training Method with suitable examples. CO2K2
(or)
- 12.b. Define Training Load and classify its types. CO1K1
- 13.a. Define Motor Fitness and explain the importance with examples. CO1K1
(or)
- 13.b. Explain the concept of strength and identify its types. CO2K2
- 14.a. Define power and differentiate it from strength. CO3K4
(or)
- 14.b. Describe coordination and illustrate its importance in sports performance. CO2K2
- 15.a. Describe motor development and examine its implications during childhood. CO3K4
(or)
- 15.b. Explain the concept of talent identification and discuss its significance in sport. CO3K4

5 x 12 = 60

Part - C

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain the principles of sports training with suitable examples. CO2K2
(or)
- 16.b. Describe the introduction and trace the historical development of sports training. CO2K2
- 17.a. Explain the factors affecting training load and analyze their impact on performance. CO3K4
(or)
- 17.b. Describe the different methods of training and compare their applications. CO3K4
- 18.a. Analyze the factors influencing motor components in sports performance. CO4K4
(or)
- 18.b. Classify the types of motor components and explain their significance. CO3K2
- 19.a. Explain the types of coordinative abilities with suitable examples. CO3K2
(or)
- 19.b. Compare various standard tests used to assess speed performance. CO4K4
- 20.a. Explain the concept and discuss the development of sports talent identification. CO4K4
(or)
- 20.b. Describe the strategies and analyze identification protocols used in talent identification. CO5K4
