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 – II October (2024)

Class: II BPEd
Major: Physical Education

Time : 2 Hours
Max Mark =60

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 cool down after exercise is important because it? CO1 K3

a) Improves oxygen uptake b) Regulates breathing
c) Speeds the removal of lactic acid d) Decreases adrenaline

2. Which one of the following is the complex human quality? CO2 k2

a) Coordination b) Flexibility
c) Speed d) Endurance

3. Which of the following statements about the benefits of flexibility training is false? CO2 K4

a) Decreased risk of injury b) Increased use of energy
c) Improved athletic performance d) Reduced soreness in muscles

4. The capacity to perform movement over broad range? CO4 K3

a) Agility b) Coordination
c) Flexibility d) Speed

5. The term peaking refers to? CO5 K2

a) Top form b) Basic form
c) Intermediate form d) Medium form

6. PNF stretching maneuver? CO5 K4

a) Submaximal isometric contractions are more effective than maximal contractions.
b) The effectiveness of PNF is largely independent of the duration of the isometric contractions.
c) The minimum effective duration of the isometric contraction is 30 s.
d) None of the above are true

Part – B

Answer any one and it should not exceed 400 words 3X6=18

7. a) State the common notions about flexibility? CO2 K2

(or)

b) Explain briefly the components of coordination? CO2 K2

8. a) Define technique and write its types? CO4 K3

(or)

b) Differentiate the means and methods of training? CO3 K2

9. a) Define Tactics and elaborate the methods of tactical development? CO3 K2

(or)

b) What is the difference between skills and technique in sports? CO4 K4

Part C

Answer any one and it should not exceed 800 3X12=36

10. a) Describe the methods involved in improving co-ordination? CO2 K2

(or)

b) Detail on circuit training and draw a twelve station General Circuit training? CO3 K3

11. a) Elucidate the three stages of technique training? CO2 K2

(or)

b) Enumerate the implications involved in the second phase of technique training? CO3 K2

12. a) List out the weight training schedule for novice throwers stating the intensity and volume? CO3 M5

(or)

b) Describe the strategies to be followed teaching a technique to a beginner? CO4 K4

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