

E. Sambal



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)

V Semester

Class : III BSc

Branch : Physical Education

Time : 2 Hours

Max. Marks : 60

21BPEC18 - SPORTS TRAINING

Part A

6 x 1 = 6

Choose the Correct Answer

Course Outcomes:

1. Identify different methods of coaching.
2. Design and implement a team sport practice session for healthy populations
3. Observe and evaluate coaching styles, including coaching objectives and philosophy.
4. Apply current research and industry standards to programs that develop skill-related health and fitness in athletes.
5. Utilize and enhance team sports programming and teaching strategies learned

Part A

6 x 1 = 6

Choose the Correct Answer

1. The systematic planning of athletic or physical training called ?
a) Periodization b) Specificity c) Frequency d) Variance
CO1 K1
2. for better adaptation in beginners, load should be given in
a) Linear form b) As per individual capacity
c) Both (a) and (b) d) None of the above
CO2 K1
3. What do you understand by the word 'Fartlek'?
a) Training b) Intervals c) Recovery d) Speed play
CO1 K2
4. If Speed is low, recovery period in repetition methods of Training should be
a) shorter b) longer c) Either (a) and (b) d) None of these
CO3 K3
5. What type of periodization model is characterized by the athlete performing the same number of sets and reps across training days but varies training load
a) Linear b) Block c) Undulating d) Conjugate
CO4 K2
6. During which of the following periods are sport-specific activities performed in the greatest volume?
a) Competition b) Off- Season c) Preparatory d) Transition
CO2 K1

Part B

3 x 6 = 18

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 7.a. Briefly : Periodization
(or)
CO2 K3
- 7.b Describe the Tactical preparations in sport?
CO2 K3
- 8.a. Meaning and Definition of Periodization ?
(or)
CO1 K2
- 8.b.write about the sex difference in training ?
CO2 K1
- 9.a.explain about the types of Periodization ?
(or)
CO2 K1
- 9.b. what are the Motor development changes in childhood ? Explain
CO1 K2

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. Explain the symptoms of overload and remedial measures for overload ?
(or)
CO3 K1
- 10.b. Describe about types of Endurance
CO1 K1
- 11.a. Elaborate Motor development and its implications in Adolescence
(or)
CO4 K2
- 11.b. Prepare a competition training plan schedule for Meso cycle
CO4 K2
- 12.a. Describe the Types of planning ?
(or)
CO3 K1
- 12.b. Prepare a competition plan for state level Athletic meet
CO3 K1