



Mavin

**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 – I - August 2024**  
V Semester

**Class : III B.Sc**  
**Branch : Physical Education**

**Max. Marks : 60**  
**Duration : 2 Hours**

**21BPEC18 – Sports Training**

Course Outcomes:

- CO1: Identify different methods of coaching.
- CO2: Design and implement a team sport practice session for healthy populations.
- CO3: Observe and evaluate coaching styles, including coaching objectives and philosophy.
- CO4: Apply current research and industry standards to programs that develop skill-related health and fitness in athletes.
- CO5: Utilize and enhance team sports programming and teaching strategies learned.

**Part A**

**6 x 1 = 6**

**Choose the Correct Answer**

1. What is the primary goal of warm up to sports Training CO2K3
  - a. To build Strength
  - b. To improve flexibility
  - c. To prepare muscles for Physical activity
  - d. To enhance endurance
2. what is the term for the ability of muscles to generate force quickly CO1K3
  - a. Strength
  - b. Power
  - c. Endurance
  - d. Flexibility
3. Father of Sports Training CO1 K1
  - a. Matyewe
  - b. Friedrich Jahn
  - c. Dietrich Harre
  - d. Hardayal Singh
4. what type of training is designed to improve muscle strength CO2K3
  - a. Endurance training
  - b. Speed training
  - c. Agility training
  - d. resistance training
5. choose the best type of training for improving cardiovascular endurance CO1K2
  - a. weightlifting
  - b. Sprinting
  - c. jogging
  - d. Yoga
6. what is the typical duration of a meso cycle in sports training CO1K2
  - a. 1-2 weeks
  - b. 2-6 weeks
  - c. 6-12 weeks
  - d. 1-2 years

**Part B**

**3 x 6 = 18**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 7.a. Describe about the characteristics of sports training? CO3K2  
Or
- 7.b. Enumerate the types of Endurance based on the duration of activity? CO2K2
- 8.a. What are the types in Strength? CO3K2  
Or
- 8.b. Draw a model circuit training programme and explain it CO4K1
- 9.a. Explain the aim of sports training CO3K2  
Or
- 9.b. writer short note on overload CO5K1

**Part C**

**3 x 12 = 36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 10.a. Describe the factors of methods to improve strength? CO1K2  
Or
- 10.b. Enumerate the process of load and adaptation CO1K2
- 11.a. Explain the principles of Sports training. CO2K3  
Or
- 11.b. Enumerate the history of sports training CO2K4
- 12.a. Explain the Classification of Endurance? CO4K1  
Or
- 12.b. Elucidate the factors affecting strength. CO3K4