

**Avinashiligam Institute for Home Science and Higher Education for Women, Coimbatore –
641 043**

Continuous Internal Assessment Test I – October 2020

Class : I BPEd

Major : Physical Education

Max Marks: 30

18BPDC15 – 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. Sports Training is the basic form of preparation of sportsmen
a. Martin b. Thiess c. Harre d. Matwejew CO1 K1
2. Each sport requires different level of physical conditioning
a. General fitness b. Specific fitness c. Technical d. Tactical CO1 K1
3. Internal load
a. Type of exercise b. Quality of execution c. Intensity d. None CO2 K3
4. “Delayed Transformations’ occur for
a. Elite sportsmen b. Novice c. Beginner d. Moderate performer CO3 K4
5. Load intensity has ----- with load volume CO2 K5
a. Ratial relation b. Direct relation c. Inverse relation d. Stable relation
6. Static muscle contraction is CO2 K2
a. Dynamic b. Static c. Eccentric d. Concentric

Part – B

Answer any two questions ant it should not exceed 400 words

2 X 6 = 12

7. Retrive the history of sports training. CO1 K1
8. Define training load and the forms of load CO3 K1
9. Infer the factors that determine endurance CO2 K2
10. Analyse the best methods to develop strength CO 3 K5

Part – C

Answer any one and it should not exceed 800 words

1 X12=12

- 11 Summarize the rules that govern the relationship of load and adaptation CO2 K2
- 12 Sketch the methods to improve speed abilities. CO3 K3