



*Gambatta*

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  
Re-accredited with 'A++' Grade by NAAC.CGPA 3.65/4. Category I by UGC  
Coimbatore-641 043, Tamil Nadu, India

**Continuous Internal Assessment Test II – October 2025**

**Class : II BPEd**  
**Major : Physical Education**

**Duration: 2 hrs**  
**Max Marks: 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  
a) Improves oxygen uptake                      b) Regulates breathing  
c) Speeds the removal of lactic acid              d) Decreases adrenaline  
Co3 K3
2. Which one of the following is the complex human quality?  
a) Coordination                                      b) Flexibility  
c) Speed    d) Endurance  
CO3 K3
3. Which of the following statements about the benefits of flexibility training is FALSE?  
a) Decreased risk of injury                      b) Increased use of energy  
c) Improved athletic performance              d) Reduced soreness in muscles  
CO2 K5
4. The individual expression of a movement  
a) Strategy    b) Technique    c) Tactics    d) Style
5. The term peaking refers to  
a) Top form    b) Basic form  
c) Intermediate form                                  d) Medium form  
CO4 K2
6. PNF stretching maneuver  
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  
Co4  
K5

**Part – B**

Answer any two questions and it should not exceed 400 words

3 X 6 = 18

- 7.a. State the factors influence flexibility? Or  
7. b. Explain briefly the types of coordination?                      C04 K3  
CO3K4
- 8.a. Define technique and write its types? Or  
8. b. Write short notes on altitude training?                              C04K3  
CO3K4
- 9.a. Explain briefly the implications of technique training in I phase. Or  
Explain briefly the implications of technique training in III phase.                      C04 K1

**Part – C**

Answer any Three and it should not exceed 800 words

3 X 12=36

- 10a. Enumerate the means and methods to improve flexibility?  
(Or)    C04 K2  
CO3K2
- 10b. Enumerate the means and methods to improve coordination?
- 11a. Elucidate the methods of improving technique training?  
(Or)    C04 K3  
CO3K4
- 11b. Techniques aims at different things in different sports – Justify

**12.a Define coordination and state its importance in detail.**

**C04 K3**

**(Or)**

**CO3K4**

**12 b. Enumerate flexibility – importance and types**

**Staff Incharge : Dr. R.Saravana Prabha**

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