

Avinashilingam Institute for Home Science and Higher Education for Women
Coimbatore

Continuous Internal Assessment II - October 2019

Class: II BPED

Time: 2 hrs

18BPPDC15 - Sports Training

Marks: 60

Course Outcomes:

1. Understand training as performance based science
2. Explain different means and methods of various training
3. Prepare training schedule for various sports and games
4. Appraise types of periodization for performance development
5. Create various training facilities and plans for novice to advance performers

Part A

Choose the right answer

5 x 1 = 5

1. Which of the following statements about the benefits of flexibility training is FALSE?
A) Decreased risk of injury b) Increased use of energy Co3 K4
c) Improved athletic performance d) Reduced soreness in muscles
2. The cool down after exercise is important because it: Co3 K3
a) Improves oxygen uptake
b) Regulates breathing
c) Speeds the removal of lactic acid
d) Decreases adrenaline

3. In a PNF stretching maneuver:

Co4 K5

- 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

4. The term periodization was introduced by?

Co4 K2

- a) Hardhayal Singh
b) Matweyew
c) Dietrich Harre
d) Zakchorski

5. The individual expression of a movement

Co3 K2

- a) Strategy
b) Technique

- c) Tactics
- d) Style

Part B

Answer in one or two sentences

2x5=10

- 6. Define Flexibility Co3 K1
- 7. Define Tactics Co4 K1
- 8. What is the other name for training schedule? Co3 K4
- 9. What is the other name for meso cycle? Co3 K3
- 10. Why co-ordination is important for performance? Co3 K4

Part C

Answer in a paragraph or one page

3x5=15

- 11. a. Write a short notes on types of techniques? Or Co3 K1
- b. What do you mean by relearning? Co3 K4
- 12. a. What are the three phases of learning? Or Co4 K3
- b. Why to go for periodization? Co3 K3
- 13. Briefly explain the types of flexibility or Co3 K2
- b. What are various types of Coordination? Co3 K1

Part D

Answer not more than six pages

2x15=30

- 14. a. Enumerate on the first phase of motor learning? Co3 K2
- b. Is flexibility an important component that develop ones performance - Justify? Co3 K4
- 15. Elucidate the various methods to improve co-ordination? Co3 K2
- b. Enumerate the importance of a weekly plan? Co3 K4

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