



Murugesu

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. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Arrear Examination – May 2024
III Semester

Batch: 2022
Major: B.P.Ed.

Time : 3 Hours
Max. Marks : 100

21BPDC15 Sports Training

Course Outcomes:

- CO1: Understand training as performance based science
- CO2: Explain different means and methods of various training
- CO3: Prepare training schedules for various sports and games
- CO4: Appraise types of periodization for performance development
- CO5: Create various training facilities and plans for novice to advance performers

Part A

10 x 1 = 10

Choose the Correct Answer

1. The progression method can equally be used in teaching the activities except CO2 K1
a. Pole vault b. Dance c. Mass Physical Training d. Hammer Throws
2. One of the following is paramount importance for team and combat sports CO2 K1
a. Tactical efficiency b. Technical efficiency
c. Fitness components d. Hereditary
3. The ability of perception is classified under CO3 K2
a. Emotional ability b. Personality c. Habits d. Cognition
4. Choose the correct answer from the below Sports training is a special process of CO4 K1
a. Preparation of sports person
b. Sports training is a not a continuous process
c. Sports training is an unplanned process
d. Sports training unspecific to the game
5. The plan of training for four year is CO1 K2
a. Olympic plan b. Yearly plan c. Monthly plan d. Weekly plan
6. A motor skill is acquired through a long process of motor learning is called as CO3 K2
a. Style b. Technique c. Skill d. Tactics
7. The cool down after exercise is important because it: CO3 K2
a. Improves oxygen uptake b. regulates breathing
c. Speeds the removal of lactic acid d. Decreases adrenaline
8. Single periodization CO2 K1
a. 1 preparatory periods, 2 competition periods and 1 transitional periods
b. 2 preparatory period, 2 competition period and 1 transitional periods
c. 1 preparatory period, 2 competition periods and 2 transitional periods
d. 3 preparatory periods, 2 competition periods and 1 transitional period
9. 'Plyo boxes' is used to train CO5 K1
a. Strength b. endurance c. explosive strength d. agility
10. Interval training method introduced by CO5 K2
a. Plato b. Gosta Holmer c. Johann Friedrich d. Buck

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Write the meaning and definition of Sports Training. CO2 K1
(or)
- 11.b. Explain the aims and objectives of sports training. CO3 K2
- 12.a. Explain the mean and methods of coordination development. CO1 K1
(or)
- 12.b. State the factors that affects training load. CO3 K4
- 13.a. State clearly the causes of overload. CO3 K2
(or)
- 13.b. write short notes on components of training load. CO1 K3
- 14.a. Write the importance of periodization. CO2 K1
(or)
- 14.b. Briefly write about macro cycle plan. CO4 K2
- 15.a. Briefly write the motor development in adolescence. CO3 K1
(or)
- 15.b. Write about the sports training application for childhood. CO4 K1

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Enumerate the various principles of sports training. CO2 K3
(or)
- 16.b. Elucidate the system of sports training. CO2 K4
- 17.a. Define strength and explain its types. CO4 K1
(or)
- 17.b. Discuss the various means and methods of endurance. CO2 K1
- 18.a. Explain the stages and methods of tactical development. CO5 K2
(or)
- 18.b. Explain the stages of technique teaching. CO3 K1
19. a. Enumerate the talent identification and development in the field of sports. CO4 K1
(or)
- 19.b. Explain about the double periodization. CO4 K1
- 20.a. Explain the importance of sports training schedule for different age and gender categories. CO1 K4
(or)
- 20.b. Prepared a training plan for the game of your specialization CO2 K3
