

*Avinashiligam Institute for Home Science and Higher Education for Women, Coimbatore – 641 043*  
Continuous Internal Assessment Test II – December 2020

Class : III B.Sc

Major : Physical Education

Max Marks: 30

***18BPEC18 – 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**

Answer all the questions

6X 1 = 6

1. The term “Periodisation” introduced by CO1K4
  - a) Tudor Bompa
  - b) Per ATesch
  - c) L.P. Matweyew
  - d) G.R Robinson
2. The method of repeating stimuli of various intensities is popularly known as CO2K3
  - a) Continuous training
  - b) Interval Training
  - c) Circuit Training
  - d) Repetition Training
3. The State of Readiness for action with an intense emotional arousal CO4K2
  - a) Peaking
  - b) Training State
  - c) Adaptation
  - d) Loading
4. Phases of training is also called CO3K1
  - a) Planning
  - b) Periodization
  - c) Top form
  - d) Tactics
5. The other name for Operation plan CO4K2
  - a) Macro cycle
  - b) Micro cycle
  - c) Meso cycle
  - d) Session plan
6. Anaerobic fitness is best achieved through CO3K4
  - a. Swimming
  - b. Circuit training
  - c. Short sprints
  - d. Long distance running.

**Part – B**

Answer any two questions and it should not exceed 400 words

2 X 6 = 12

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|-----|--|-------|
| 7.  | Elucidate the types of speed               | CO3K1 |
| 8.  | Give detail note on Speed Barrier          | CO2K2 |
| 9.  | Enumerate the health benefits of Endurance | CO1K4 |
| 10. | List out the types of Endurance            | CO2K1 |

**Part – C**

Answer any one and it should not exceed 800 words

1 X 12 = 12

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|----|--|-------|
| 11 | Write the methods of Technique Training? | CO4K2 |
| 12 | Write the methods to improve Speed ?     | CO3K1 |