



Hamball

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 (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65 /4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – November 2025 III Semester

Class: II B.P.Ed.

Time : 3 Hours

Max. Marks : 100

23BPDC15 Sports Training

Course Outcomes:

CO1: Training and Performance as performance based science

CO2: Explain different means & method of various training

CO3: Prepare training schedule for various sports & games

CO4: Types of periodization for performance development

CO5: Create various training facilities & plans for novices & advance performers

Part A

10 x 1 = 10

Choose the Correct Answer

- Load intensity has _____ with load volume. CO2 K5
 - Rational relation
 - Direct relation
 - Inverse relation
 - Stable relation
- Measuring devices classified under which means CO2 K3
 - Bio-mechanical
 - Physiotherapeutic
 - Natural
 - Psychological
- The ability of the muscle to exert maximum force is: CO1 K1
 - muscular endurance
 - flexibility
 - agility
 - muscular strength
- In sports training, limbering down is done: CO2 K3
 - before competition
 - after competition
 - during competition
 - never
- Delayed Transformations occur for CO3 K4
 - Elite sportsmen
 - Novice
 - Beginner
 - Moderate performer
- What principle of training does this define? "You should exercise the energy system muscles actions and skills that are relevant to that sport?" CO1, K1
 - Generalization before specialization
 - Variety
 - Specificity
 - Intensity
- The plan of training for four year is CO2 K2
 - olympic plan
 - yearly plan
 - monthly plan
 - weekly plan
- The book on "Scientific Basis of Athletic Conditioning" written by CO1 K1
 - J H Wilmore
 - F W Pyke
 - Jenson and Fisher
 - P S Pyke
- One of the following is paramount importance for team and combat sports CO1 K1
 - tactical efficiency
 - technical efficiency
 - fitness components
 - heredity
- Which of the following is not a principle of sports training? CO2 K1
 - specificity
 - overload
 - continuity
 - rest

Part B
Answer ALL questions

5 x 6 = 30

Each answer should not exceed 400 words or two pages

- 11.a. How sports contribute to the overall welfare of society?
(or) CO2 K4
- 11.b. Write any five characteristics of sports training? CO3 K3
- 12.a. Define sports training and state the characteristics of sports training.
(or) CO3 K1
- 12.b. Explain the meaning and definition of Legal and Ethical consideration. CO3 K2
- 13.a. Tabulate the general methods and means of training.
(or) CO4 K3
- 13.b. State the factors that affects training load. CO2 K3
- 14.a. Write short notes on motor stereo type.
(or) CO2 K4
- 14.b. Write short notes on components of load. CO3 K3
- 15.a. Explain the importance of psychological training.
(or) CO4 K3
- 15.b. Write short notes on competition system? CO2 K3

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Elucidate training load and write the similarities of load and adaptation.
(or) CO2 K3
- 16.b. Enumerate the components of speed and its methods of development. CO3 K4
- 17.a. Elucidate the history and development of sports training.
(or) CO1 K4
- 17.b. Justify in your own words the role of sports training in performance enhancement in sports. CO1 K1
- 18.a. Enumerate the factors affecting endurance.
(or) CO1 K4
- 18.b. Define endurance and write its training methodologies. CO2 K3
- 19.a. Enumerate Speed and state the factors influencing Speed.
(or) CO1 K4
- 19.b. Describe the types of training plan. CO1 K1
- 20.a. Enumerate the types of competition and state its importance.
(or) CO3 K2
- 20.b. Explain aims and contents of preparatory phase in periodization. CO4 K3
