



**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)  
Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment – I - (September 2021)**  
**V Semester**

**Class : III B.Sc**  
**Branch : Physical Education**

**Time : 2 Hours**  
**Max. Marks : 60**

**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**

**6 x 1 = 6**

**Choose the Correct Answer**

1. Find the type of training progression CO1K2  
a. progressive method      b. fast method      c. slow method      d. Continuous method
2. Fartlek training improves ----- CO2K3  
a. Strength      b. Speed      c. Endurance      d. Speed Endurance
3. Interval between fast run is called ----- CO1K3  
a. Continuous training      b. Interval Training      c. Circuit Training      d. None of these
4. The smallest unit of training process is ----- CO2K3  
a. Training Programme      b. Training Session      c. Training Volume      d. All the above
5. The ability to overcome the resistance with maximum of speed is ----- CO1K2  
a. Strength      b. Maximum Strength      c. Absolute strength      d. Explosive strength

6. Father of Sports Training  
a. Matyewe                      b. Friedrich Jahn                      c. Dietrich Harre                      d. Hardayal  
Singh

**Part B**

**3 x 6 = 18**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 7.a. Write the characteristics of sports training?                      CO3K2  
Or
- 7.b. Enumerate the types of Endurance based on the duration of activity?                      CO2K2
- 8.a. What are the types in Strength?                      CO3K2  
Or
- 8.b. Draw a model circuit training programme and explain it                      CO4K1
- 9.a. Explain the aim of sports training                      CO3K2  
Or
- 9.b. writer short note on causes of overlaod                      CO5K1

**Part C**

**3 x 12 = 36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 10.a. Write the methods to improve strength?                      CO1K2  
Or
- 10.b. Enumerate the process of load and adaptation                      CO1K2
- 11.a. Explain the principles of Sports training.                      CO2K3  
Or
- 11.b. Enumerate factors of load                      CO2K4
- 12.a. Explain the factors determining Endurance?                      CO4K1
- 12.b. Elucidate the factors affecting strength.                      CO3K4

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