



**Part B**  
**Answer ALL questions**  
**Each answer should not exceed 400 words or two pages**

**5 x 6 = 30**

- |   |        |
|---|--------|
| 11.a. State the aim of sports training.<br>(or)                           | CO1 K1 |
| 11.b. What are the characteristics of sports training?                    | CO3 K2 |
| 12.a. Short note on continuous training.<br>(or)                          | CO2 K4 |
| 12. b. Explain how adaptation plays a role in training load management.   | CO3 K3 |
| 13. a. Define strength and explain its types.<br>(or)                     | CO1 K2 |
| 13.b. What are the factors that influence muscular endurance?             | CO3 K3 |
| 14.a. Write the concept of Coordination and Reaction time.<br>(or)        | CO1 K2 |
| 14.b. Write the concept of Power, Balance and flexibility.                | CO1 K2 |
| 15.a. Explain the implications of motor development in childhood.<br>(or) | CO3 K4 |
| 15.b. Discuss the role of technical preparation in athlete development.   | CO4 K3 |

**Part C**  
**Answer ALL questions**  
**Each answer should not exceed 800 words or four pages**

**5 x 12 = 60**

- |  |        |
|--|--------|
| 16.a. Principles of sports training-Explain.<br>(or)   | CO1 K2 |
| 16.b. History of sports training-Explain.  | CO2 K4 |
| 17. a. Examine the relationship between strength and endurance training in improving sports performance.<br>(or) | CO3 K4 |
| 17.b. Explain the different methods of strength training with examples.  | CO2 K3 |
| 18. a. Different means and methods of training for improving endurance-Explain.<br>(or)                          | CO4 K5 |
| 18. b. Standard tests to assess endurance – Write in brief.  | CO3 K4 |
| 19.a. Standard tests to assess Power and speed – Briefly explain.<br>(or)  | CO2 K3 |
| 19.b. Briefly explain about flexibility, its types and standard tests to assess Flexibility.                     | CO3 K2 |
| 20.a. Describe in detail the implications of motor development during adolescence and old age.<br>(or)           | CO2 K3 |
| 20. b. Discuss the strategies and protocols involved in sports talent identification.                            | CO4 K5 |

\*\*\*\*\*