

**I Monthly Question Paper
August 2018**

Class: I BPED

15BPDC15 Sports Training

Time: 2hrs Hr

Marks: 60

Part A

Choose the best answer

1. The term Periodisation coined by
a. Matveyev
b. F W Pyke
c. Jenson and Fisher
d. P S Pyke
2. One of the following is paramount importance for speed component
a. Tactical efficiency
b. Technical efficiency
c. Fitness components
d. Hereditary
3. The ability of memory power is classified under
a. Emotional ability
b. Personality
c. Habits
d. Cognition
4. Ideomotor training classifieds under which means
a. Bio-mechanical
b. Physiotherapeutic
c. Natural
d. Psychological
5. The plan of training for 5-10 days is
a. Olympic plan
b. Yearly plan
c. Monthly plan
d. Weekly plan

Part B

Write in one or two sentences

5x2=10

6. Define sports training
7. Define hetrochronicity
8. Expand 1RM
9. Define Load
10. Define two types of physical fitness.

Part C

Answer should not exceed 600 words

11. a. Write any four aims of sports training? or
b. How sports contribute to the overall welfare of the society?
12. a. Tabulate the general means of training. or
b. State any two principles of sports training
13. a. Write a short notes on Harre's types of load or
b. What do you mean by Motor Stereo Type?

Part D

Answer should not exceed 1200 words

14. a. Enumerate any six characteristics of sports training with clear examples or
b. Explain in detail the factors that affect speed
15. Elucidate the similarities of load and adaptation Or
b. Tabulate the methods to sports training