



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

Bachelor of Physical Education Degree Examination – November 2019

111 Semester

Class: II B.P.Ed

Time : 3 Hours
Maxi. Marks : 100

18BPPDC15 Sports Training

Part A

Choose the Correct Answer

10 X 1 = 10

1. Farlek which is the term word derived from
 - a. Sweedish
 - b. Spain
 - c. German
 - d. French
2. Internal Training improves
 - a. Flexibility
 - b. Endurance
 - c. Speed
 - d. Strength
3. The ability is a joint to execute movements with greatest range is called
 - a. Speed
 - b. Agility
 - c. Coordination
 - d. Flexibility
4. Sports training improves
 - a. Performance
 - b. Technique
 - c. Tactics
 - d. All the above
5. The temporal relationship between load and recovery is called
 - a. Intensity
 - b. Density
 - c. Extend
 - d. Load
6. In weight training the load is increased in every session is called
 - a. Linear method
 - b. Step by Step
 - c. Training method
 - d. Both a and b
7. The rest period between the two stimuli is
 - a. Load
 - b. Intensity
 - c. Volume
 - d. Density
8. The rate at which the workdone is
 - a. Volume
 - b. Intensity
 - c. Recovery
 - d. Frequency
9. The ability to execute motor activities under given conditions in minimum possible time is called
 - a. Force
 - b. Lower
 - c. Strength
 - d. Speed
10. Increasing the speed is
 - a. Reaction time
 - b. Recovery time
 - c. Acceleration ability
 - d. Movement speed

Part B

5 X 6 = 30

Answer the following questions

Answer should not exceed 400 words or two pages

- 11a. Explain the aims of sports training.
(or)
- 11b. Write a short notes on history of sports Training?
- 12.a. How to develop the strength? Explain.
(or)
- 12b. Explain how to develop the speed.
- 13a. Explain the principles of training load.
(or)
- 13.b. Explain the principles of intensity and volume.
(or)
- 14.a. Define and explain periodization.
(or)
- 14.b. Define planning and explain any two.
(or)
- 15.a. Explain training plan and schedule in a game.
(or)
- 15.b. Explain model training plan in your own game.

Part C

5 X 12 = 60

Answer the following questions

Answer should not exceed 800 words or four pages

- 16.a. Explain the principles of sports training.
(or)
- 16.b. Explain the basics sports training and high performance training.
- 17.a. Explain strength development and method of strength training.
(or)
- 17.b. Explain speed and how to develop the speed.
(or)
- 18.a. Explain the Similarity load & Adaptation?
(or)
- 18.b. Enumerate the factors influencing strength.
- 19.a. Explain the types of periodization.
(or)
- 19.b. Explain the various methods of training in sports.
- 20.a. Enumerate the weight training equipment and what are the muscle to develop the weight training with examples.
(or)
- 20.b. Draw a model weight training programme for any one sport and prepare a schedule.
