



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)
III Semester

Class : II BPEd
Branch : Physical Education

Time : 2 Hours
Max. Marks : 60

18BPDC15- Sports Training

Course Outcomes:

- CO1: Understand training as performance based science
- CO2: Explain different means and methods of various training
- CO3: Prepare training schedule for various sports and games
- CO4: Appraise types of periodization for performance development
- CO5: Create various training facilities and plans for novice to advance performers

Part A

6 x 1 = 6

Choose the Correct Answer

1. The book on "Scientific Basis of Athletic Conditioning" written by CO1 K1
a. J H Wilmore b. F W Pyke c. Jenson and Fisher d. P S Pyke
2. One of the following is paramount importance for team and combat sports CO1 K3
a. Tactical efficiency b. Technical efficiency c. Fitness components d. Hereditary
3. The ability of perception is classified under CO2 K2
a. Emotional ability b. Personality c. Habits d. Cognition
4. Measuring devices classified under which means CO2 K3
a. Bio-mechanical b. Physiotherapeutic c. Natural d. Psychological
5. The plan of training for four year is CO2 K3
a. Olympic plan b. Yearly plan c. Monthly plan d. Weekly plan
6. Father of Sports Training CO1 K1
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. How sports contribute to the over all welfare of society? or CO1 K1
b. Write any five characteristics of sports training? CO1 K1
- 8.a. Tabulate the general methods and means of training. or CO2 K2
b. State the factors that affect training load. CO2 K2
9. a. State clearly the causes of overload. or CO2 K2
b. write short notes on components of load. CO1 K1

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Enumerate history of sports training .or CO1 K1
b. Explain any six principles of sports training. CO1 K4
11. Elucidate the similarities of load and adaptation. Or CO1 K2
b. Define strength and explain its types. CO2 K3
12. a. Enumerate speed and its factors influencing speed CO2 K2
b. State your comments on India at Tokyo Olympics with special reference to their training and performance CO1 K2
