

**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore – 641 043**

Bachelor of Physical Education Degree Examination – November 2018
III Semester

Class : II B.P.Ed.

Time: 3 Hrs
Max. Marks: 100

15BPDC15 Sports Training

Part – A

10 X 1 = 10

Choose the Correct Answer

1. Circuit Training was introduced by
 - a. Morgan, REB & G.T. Anderson
 - b. Arbit
 - c. Gostaholmer
 - d. Gerschler
2. The process of preparation for the same task is called
 - a. Training
 - b. preparing
 - c. principles
 - d. competition
3. The rate of doing work is called
 - a. Load
 - b. Volume
 - c. Intensing
 - d. repetition
4. The greatest force of neuromuscular system is capable of increasing in a single maximum voluntary contraction
 - a. endurance
 - b. strength endurance
 - c. maximum strength
 - d. speed
5. The ability to do sports movements with desired quality and speed under conditions of fatigue is
 - a. Speed
 - b. endurance
 - c. flexibility
 - d. coordination
6. Speed play otherwise called as
 - a. circuit training
 - b. speed training
 - c. fastlex training
 - d. play ometrictraining
7. Which period the player cannot participate in the competition
 - a. preparatory period
 - b. transitional period
 - c. speed training period
 - d. both a and b
8. Analysis of the past training is
 - a. Competition plan
 - b. Individual plan
 - c. Group place
 - d. Training plan
9. Circuit training improves
 - a. explosive strength
 - b. Strength endurance
 - c. Speed endurance
 - d. both b and c
10. 1 RM test means
 - a. one recovery maximum
 - b. one repetition method
 - c. one repetition maximum
 - d. one repetition minimum

**Answer the following questions
Answer should not exceed 400 words or two pages**

- 11. a. Explain meaning of sports training.
(or)
- 11. b. Explain need of sports of training.
- 12. a. Explain types of strength.
(or)
- 12. b. What are the factors to be determined for speed ?
- 13. a. Define : i. Density ii. Volume iii. Intensity iv. Load
(or)
- 13. b. Explain about weight training for football players.
- 14. a. Explain single periodization.
(or)
- 14. b. Explain Multiple periodization.
- 15. a. Explain training plan and its types.
(or)
- 15. b. Explain model training plan to your own game for preparatory period.

Part – C

5 X 12 = 60

**Answer the following questions
Answer should not exceed 800 words or four pages**

- 16. a. Explain sports training and various training means and methods.
(or)
- 16. b. How do you develop high performance in sports – Explain.
- 17. a. Explain in detail the types of flexibility.
(or)
- 17. b. Assess the methods that used for flexibility training.
- 18. a. Prepare a weight training model chart for any one sport.
(or)
- 18. b. What are the training plans and explain with example.
- 19. a. What are the importance of coordinate abilities.
(or)
- 19. b. What are the methods to improving coordination.
- 20. a. Enumerate on technique training and its phases.
(or)
- 20. b. Create a training plan for a jumper for Meso cycle for a competition period.
