

Avinashiligam Institute for Home Science and Higher Education for Women,  
Continuous Internal Assessment Test I – August 2018

Class : III UG  
Major : Bachelor of Physical Education

Time : 2 Hrs.  
Max Marks: 60

**15BPEC18 – Sports Training**

**Part – A**

Circle the Correct Answer

5X 1 = 5

- Sports Training is thoroughly  
a. Systematic b. Magic c. Moderate d. High
- Optimal loading is essential to achieve good super compensation which take place in adequate time  
a. Loading and Recovery b. Micro cycle c. Meso cycle d. Training cycle
- Which method of training utilizes both aerobic and Anaerobic energy producing systems?  
a. Continuous b. Endurance c. Interval d. Circuit
- Volume can be measured in terms of -----  
a. duration b. distance c. frequency d. consistency
- Loading must be systematically and progressively increased  
a. Techniques b. Load progression c. Physical Fitness d. Motor Fitness

**Part – B**

Answer the following in two or four lines

5 X 2 = 10

- Define Sports training
- Define Training load
- Define Competition
- List out Motor Components
- Define Training Cycle

**Part - C**

**Answer the following**

Answer in two pages or do not exceed 200 words

3X5=15

11.a. Write short note on History of Sports Training  
(Or)

11.b. Explain the Aims of Sports Training.

12.a. Explain the Characteristics of Sports Training.  
(Or)

12.b Explain the Methods of Training Load

13.a. Write similarities of Load and Adaptation?  
(Or)

13.b. Explain the Means and Methods of Training.

**Part - D**

**Answer the following**

Answer in Four pages or do not exceed 700 words

2x15 = 30

14.a. Explain the Principles of Sports Training.

(Or)

14.b. Explain Load and Adaptation, Factors Affecting Load.

15.a. Explain about the Motor Components.

Or

15.b. Explain Factors influencing Motor Components.

→ Strength in details