



Mavinney

**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 Test II – November 2023**

**Class : II BPEd**  
**Major : Physical Education**

**Time : 2 Hours**  
**Max Marks: 60**

21BPDC15 – 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 performer

**Part – A**

Choose the Correct Answer

6X 1 = 6

1. Which of the following pair is correctly matched? CO1K1
- |   |             |
|---|-------------|
| Increased use of competitions               | - Phase I   |
| Restructuring a skill                       | - Phase IV  |
| Less stress on formal competitions          | - Phase III |
| Emphasize high volume of technique training | - Phase II  |
2. Arrange the following in a sequential way based on the latest order: CO2K1  
I. Slow stretch method II. Slow stretch and hold III. PNF method IV. Ballistic method  
a. III II I IV b. II III IV I c. IV I II III d. II I III IV
3. The following question consist of two statements: one as 'Assertion'(A) and the other as Reason (R). CO4K4  
Assertion (A) : The training in the competition period aims at achieving and maintaining top form  
Reason (R): Top form achieved can last for a prolonged period of time  
a. Both (A) and (R) are true and (R)is the correct explanation of (A)  
b. Both (A) and (R) are true, but (R) is not the correct explanation of (A)  
c. (A) is true, but (R) is false  
d. (A) is false, but (R) is true
4. Identify the component that helps performance, posture, promotes efficient movement, prevents incorrect body alignment, maintains appropriate muscle length and balance and also decreases injury risk. CO3K4  
a. Strength b. flexibility c. endurance d. co-ordination
5. Match the following: CO2 K5
- |                               |   |  |
|-------------------------------|---|--|
| a Homeostasis                 | - | i One sided training                       |
| b Super Compensation          | - | ii Body weight                             |
| c Faulty training method      | - | iii Proper proportion of load and recovery |
| d Objective judgement of load | - | iv Internal body balance                   |
6. Assertion (A) All types of strength training does not produce equal amount of muscle hypertrophy CO2 K2  
Reason (R) The stimulus for increase in muscle size is given by an imbalance in breakdown and synthesis of ATP and other muscle proteins  
e. Both (A) and (R) are true and (R)is the correct explanation of (A)  
f. Both (A) and (R) are true, but (R) is not the correct explanation of (A)  
g. (A) is true, but (R) is false  
a. (A) is false, but (R) is true

**Part – B**

Answer any one and it should not exceed 800 words

3X6=18

- 07 a. Define the following terms:  
a. Retrochronicity b. Supercompensation c. Adaptation d. re-learning or  
b. Give one word answers for the following:  
a. Intensity b. volume c. density d. load dynamics
- 08 This phase begins with the attainment of fine coordination by the sportsperson and emphasizes on acquiring the mastery of skill. The skill mastery is realized only when the sportsperson is able to execute the skill effectively during competition and also under different changing conditions. With the acquisition of skill mastery, the sportsperson adjust quickly to changed conditions and executes the skill correctly. Read this para and answer the following questions:  
1. Identify which phase of technique training is this.  
2. Justify why this phase never ends. Or  
3. How the skill become automatic and the precision and accuracy is observed
- 09 a. State the two types of flexibility and brief its significance or  
b. Write short notes on types of co-ordination

CO2 K2

CO3 K3

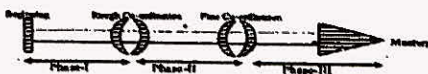
CO2 K2

**Part C**

3X12=36

- 10

CO3 K1



Enumerate the process and analyse how the age and learning efficiency of the athlete affects skill acquisition.

- 11 a. Compare and contrast the similarities of load and adaptation or  
b. Define overload and write its process and procedures
- 12 a. Draw a model specific circuit training with 12 stations for the game of your choice  
b. Analyse as a PET of a government school how you schedule strategic training and practice periods and strategic training

CO3 K2

CO3 K3

**Staff In charge: Dr.Saravana Prabha , No. Of. Copies: 32**