

Avinashilingam Institute for Home Science and Higher Education for women

Coimbatore – 641 043

Continuous Internal Assessment Test II – October 2018

Class : III BSc

Time : 2 hours

Major: Physical Education

Max. marks : 60

15BPEEC18 - Sports Training

PART – A

~~Change~~ the Correct Answer

5x1=5

1. The total work done in a training session is termed as
a) Volume b) intensity c) Frequency d) density
2. Isotonic contraction, which means equal tension is also known by the name of
a) Eccentric contraction (b) Static contraction
(c) Concentric contraction (d) dynamic contraction
3. A long term training plan may spread over
a) One year (b) 2-3 years (c) 3-5 years (d) end less
4. Build-up competitions are also known by the name of
(a) stimulated (b) principal competitions (c) major competitions (d) training competitions
5. Name the disease caused by the deficiency of iron
(a) Osteomalacia (b) Hyperkeratosis (c) Anaemia (d) Pellagra

PART – B

Answer the following in one or two sentence

5x2=10

6. Define :- Strategy and techniques
7. Describe the periodization
8. Define : Super compensation
9. Define components of motor fitness
10. Define Reaction time, movement time

PART - C

Answer the following (one page)

3x5=15

11. (a) Explain Tactical knowledge, Tactical skills, Tactical Abilities.
(or)
- (b) Describe the methods of circuit training
12. (a) Explain short term plans
(or)
- (b) Write about Methods of tactical development
13. (a) Define per iodization and its methods
(or)
- (b) Briefly explain the double per iodization

PART - D

Answer the following (six pages)

2x15=30

14. (a) Explain the principle of tactical preparation and Methods.
(or)
- (b) Describe per iodization, and importance of per iodization
15. (a) Explain the methods for preparing competition and its method
(or)
- (b) Differentiate sex differences and its implication in training and competition

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