



Naveen

Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD)

Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – December 2023

V Semester

Class : III UG

Major : Physical Education

Time : 3 Hours

Max. Marks : 100

21BPEC18 Sports Training

Course Outcomes:

1. Identify different methods of coaching.
2. Design and Implement a team sports practice for healthy populations.
3. Observe and evaluate coaching style, including coaching objective and philosophy
4. Apply current research and industry standards to program that develops skill related health and fitness in athletes
5. Utilize and enhance team sports programming and teaching strategies learned.

Part A

10 x 1 = 10

Choose the Correct Answer

1. Sports training helps athletes to improve their _____ and performance. CO2K2
a. Mental Focus b. Physical Fitness
c. Team Work d. Stamina
2. What is the primary goal of sports training? CO1K1
a. Enhancing social skills b. Improving mental health
c. Enhancing sports performance d. Promoting fair play
3. The ability to move one's joints through a full range of motion CO2K3
a. Flexibility b. Balance
c. Coordination d. Speed
4. Which of the following exercises primarily targets upper body strength? CO3K4
a. Squats b. Bench press
c. Lunges d. Planks
5. Technical and tactical preparation in sports training focuses on improving an athlete's _____ CO2K4
a. Strength b. Flexibility
c. Endurance d. Skills
6. What does "technical preparation" in sports refer to? CO3K3
a. Mental readiness for competition
b. Developing specific skills and techniques required for the sport
c. Physical conditioning and endurance
d. Creating a game strategy
7. Periodization in sports training involves dividing the training program into specific _____ CO2K2
a. Exercises b. Phases
c. Rules d. Teams
8. Weekly training cycle is _____ CO1K1
a. Meso b. Macro
c. Micro d. None of the above
9. Why is it important for sports organizations to address sex differences in competition rules? CO3K3
a. To promote gender equality b. To limit female participation
c. To create confusion d. To favor males in competition
10. Athletes typically reach their peak performance in _____ CO2K2
a. Childhood b. Adolescence
c. Adulthood d. Old age

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Explain the aim and characteristics of sports training. CO2K2
(or)
- 11.b. Write a short note on training load. CO3K3
- 12.a. What are the methods of developing speed? CO4K5
(or)
- 12.b. Explain the form of Co-ordination. CO2K3
- 13.a. Write a short note on tactical concepts. CO4K3
(or)
- 13.b. What are the common causes and Errors of technical preparation in your game? CO4K3
- 14.a. Write about the Meso cycle. CO2K2
(or)
- 14.b. Write a short note on importance of periodization. CO2K1
- 15.a. What are the implications of motor development in childhood? CO2K4
(or)
- 15.b. Describe the concept of peaking performance and how it varies at different ages. CO3K3

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Describe the Scientific Principles of Sports Training. CO3K3
(or)
- 16.b. Explain the different types of training loads used in sports. CO4K2
- 17.a. Explain the form of endurance and methods of its development. CO2K2
(or)
- 17.b. How do psychological factors influencing motor components in physical activities-Explain CO3K3
- 18.a. How do technical and tactical preparation differ from individual and team sports-Explain. CO4K4
(or)
- 18.b. Explain the means and methods of technical training. CO3K3
- 19.a. Explain the concepts of single, double and triple periodization. CO4K4
(or)
- 19.b. Explain the training programme of your own specialization for 6 weeks. CO2K2
- 20.a. How does gender differences impact in sports performance? CO3K3
(or)
- 20.b. Explain how motor development in Adolescent and Adulthood impact training and performance. CO4K3
