



*J. Sambal*

## 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 [now MoE]

Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

### Bachelor's Degree Arrear Examination – May 2025 V Semester

Batch : 2021  
Major : Physical Education

Time : 3 Hours  
Max. Marks : 100

#### 21BPEC18 Sports Training

#### Course Outcomes:

CO1: Identify different methods of coaching.

CO2: Design and Implement a team sports practice for healthy populations.

CO3: Observe and evaluate coaching style, including coaching objective and philosophy

CO4: Apply current research and industry standards to program that develops skill related health and fitness in athletes

CO5: Utilize and enhance team sports programming and teaching strategies learned.

#### Part A

10 x 1 = 10

#### Choose the Correct Answer

1. 'Stadiometer' is used to measure CO2K1
  - a. Strength
  - b. Weight
  - c. Height
  - d. Stadium area
2. Speed play is also known as CO2K3
  - a. Weight training
  - b. Pressure training
  - c. Fartlek Training
  - d. Interval Training
3. Interval training is good for CO3K2
  - a. Off season
  - b. Mid Season
  - c. Competition period
  - d. None of the above
4. Fartlek Training is given for improving CO2K3
  - a. Strength
  - b. Endurance
  - c. Flexibility
  - d. None of the above
5. Super Compensation means CO2K2
  - a. Fatigue
  - b. Second Wind
  - c. Adaptation to load
  - d. Oxygen debt
6. The duration of Meso cycle ? CO2K1
  - a. 5 to 10 days
  - b. 4 to 6 weeks
  - c. 4 to 6 months
  - d. 1 to 2 years
7. Which of the following is the first step of Growth and Development ? CO1K2
  - a. Physical development
  - b. Social development
  - c. Moral development
  - d. Mental development
8. Father of Sports Training CO2K1
  - a. Matyewe
  - b. Friedrich Jahn
  - c. Dietrich Harre
  - d. Hardayal Singh
9. What type of periodization model is characterized by the athlete performing the same number of sets and reps across training days but varies training load CO4K2
  - a. Linear
  - b. Block
  - c. Undulating
  - d. Conjugate
10. The plan of training for four year is 
  - a. Olympic plan
  - b. Yearly plan
  - c. Monthly plan
  - d. Weekly plan

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Explain about History of sports training? CO1K1  
(or)  
11.b. Describe about the characteristics of sports training? CO1K2
- 12.a. Types of Motor components? CO1K1  
(or)  
12.b. Write about the types of Strength ? CO3K3
- 13.a. Aims of sports training? CO3K2  
(or)  
13.b. What is training load? CO3K1
- 14.a. Define : Periodization ? CO4K4  
(or)  
14.b. Write a short note on CO4K5  
a) Meso Cycle      b) Micro Cycle
- 15.a. Draw a model circuit training programme and explain it. CO4K1  
(or)  
15.b. Enumerate the types of Endurance based on the duration of activity? CO1K4

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Describe the factors of methods to improve strength? CO1K3  
(or)  
16.b. Describe about Systems of Planning. CO1K3
- 17.a. Explain the principles of Sports training. CO3K2  
(or)  
17.b. Enumerate the process of load and adaptation. CO3K2
- 18.a. Explain the various forms of speed. CO5K4  
(or)  
18.b. Explain about Types of Periodization ? CO5K4
- 19.a. Elaborate how age affect your performance? CO5K6  
(or)  
19.b. Explain about Strength Speed And Endurance and how to improve with Example? CO5K2
- 20.a. Explain the stages and methods of tactical development. CO3K2  
(or)  
20.b. Explain the stages of technique teaching. CO3K4

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