



# 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 (now MoE)

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

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment – I February, 2025

IV Semester

Class : ~~III~~ B.Sc  
Branch : Physical Education

Max. Marks : 60  
Time : 2 Hours

23BPEC13

23BPEC18 – Sports Training

## Course Outcomes:

CO1: Identify different methods of coaching

CO2: Design and implement a team sport practice session for healthy populations.

CO3: Observe and evaluate coaching styles, including coaching objectives and philosophy

CO4: Apply current research and industry standards to programs that develop skill-related health and fitness in athletes

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

### PART -A

Choose the Correct Answer

6X1=6

1. Fartlek training improves ----- CO2K3  
a. Strength    b. Speed    c. Endurance    d. Speed Endurance
2. Interval between fast run is called ----- CO1K3  
a. Continuous training    b. Interval Training    c. Circuit Training    d. None of these
3. Father of Sports Training CO1 K1  
a. Matyewe    b. Friedrich Jahn    c. Dietrich Harre    d. Hardayal Singh
4. The smallest unit of training process is ----- CO2K3  
a. Training Programme    b. Training Session    c. Training Volume    d. All the above
5. Find the type of training progression CO1K2  
a. progressive method    b. fast method    c. slow method    d. Continuous method
6. The ability to overcome the resistance with maximum of speed is ----- CO1K2  
a. Strength    b. Maximum Strength    c. Absolute strength    d. Explosive strength

### Part B

3 x 6 = 18

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 7.a. Write the characteristics of sports training? CO3K2  
Or
- 7.b. Enumerate the types of Endurance based on the duration of activity? CO2K2
- 8.a. What are the components of Physical Fitness with example? CO3K2  
Or
- 8.b. Draw a model circuit training programme and explain it CO4K1
- 9.a. Explain the aim of sports training CO3K2  
Or
- 9.b. writer short note on causes of overlaod CO5K1

### Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. Write the History of Sports Training ? CO1K2  
Or
- 10.b. Enumerate the process of load and adaptation CO1K2
- 11.a. Explain the principles of Sports training. CO2K3  
Or
- 11.b. Enumerate factors of load CO2K4
- 12.a. Explain the training session ? CO4K1  
Or
- 12.b. Elucidate the factors affecting the pace of recovery . CO3K4