

Avinashiligam Institute for Home Science and Higher Education for Women, Coimbatore – 641 043
Continuous Internal Assessment Test I – October 2020

Class : III B.Sc

Major : Physical Education

Max Marks: 30

18BPEC18 – 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

Answer all the questions

6X 1 = 6

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|-----------|---|-------|
| 1. | The actual variables in interval method of training are
a. Distance, time, repetitions and recovery period
b. Preparatory, transition and competition period
c. Distance, transition and recovery period
d. Force, mass, acceleration | CO1K4 |
| 2. | Who invented circuit training?
a. Morgan and Adamson
b. Aristotle
c. Herbert Spencer
d. C. A. Bucher | CO2K3 |
| 3. | Long term exercise program made up of different activities & sports for developing all round fitness is known as
a. Set training
b. circuit training
c. interval training
d. cross training. | CO4K2 |
| 4. | The super compensation effect of training is due to
a. Improper proportion between load and recovery
b. Proper proportion between load and recovery
c. Massage
d. Over Training | CO3K1 |
| 5. | Adaptation to training load at high altitudes is known as
a. Thermoregulation
b. Super compensation
c. Acclimatization
d. Alteration | CO4K2 |
| 6. | Aerobic fitness is best achieved through
a. Swimming
b. Circuit training
c. Short sprints
d. Long distance running. | CO3K4 |

Part – B

Answer any two questions and it should not exceed 400 words

2 X 6 = 12

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| 7. | Enumerate the aims of Sports Training | CO3K1 |
| 8. | Give detail note on Load parameters | CO2K2 |
| 9. | Elucidate the Characteristic of Sports Training | CO1K4 |
| 10. | List out the types and combination of Strength | CO2K1 |

Part – C

Answer any one and it should not exceed 800 words

1 X 12 = 12

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|----|---|-------|
| 11 | What are Principles of Sports Training and explain briefly? | CO4K2 |
| 12 | Explain the progression of Load, Adaptation and Recovery in Sports Training | CO3K1 |