



Murugesu

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 of Physical Education Degree Examination – December 2023 III Semester

Class: II B.P.Ed. / 2021 Batch (Repeater)

Time : 3 Hours
Max. Marks : 100

21BPDC15 Sports Training

Course Outcomes:

- CO1: Understand training as performance based science
- CO2: Explain different means and methods of various training
- CO3: Prepare training schedules for various sports and games
- CO4: Appraise types of periodization for performance development
- CO5: Create various training facilities and plans for novice to advance performers

Part A

10 x 1 = 10

Choose the Correct Answer

1. The process of preparation for a sport performance is
a. Fitness b. Planning c. Sports Training d. Wellness CO3 K1
2. One of the principles of sports training is
a. Wellness b. Continuity c. Fitness d. Nutrition CO1 K2
3. The ability to move from one point to another in the shortest period of time
a. Speed b. Power c. Balance d. Agility CO1 K1
4. The ability of the muscle to exert maximum force is
a. Flexibility b. Endurance c. Muscular Endurance d. Strength CO2 K3
5. What principle of training does this define? How often an athlete should exercise per week in order to get benefits?
a. Progressive Overload b. Frequency c. Intensity d. Duration CO2 K2
6. _____ requires to observe certain movement procedure to tackle a particular task?
a. Technique b. Tactics c. Load d. Intensity CO1 K1
7. The systematic plan of athletic (or) sports training is called
a. Density b. Specificity c. Periodization d. Frequency CO2 K2
8. The ability to overcome resistance is
a. speed b. strength c. explosive strength d. flexibility CO1 K4
9. If the responsibility of a committee is to fix venue, date and timing of the sports events, it is a
a. Post Meeting b. Pre Meet c. During meet d. All the above CO1 K3
10. What do you mean by planning?
a. Deciding in advance what is to be done b. Motivating towards training
c. Thinking about past d. Organising tournament. CO3 K1

Part B **5 x 6 = 30**
Answer ALL questions
Each answer should not exceed 400 words or two pages

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| 11.a. Write the aim and objectives of sports training.
(or) | CO1 K1 |
| 11.b. Differentiate good and high performance in sports training. | CO1 K3 |
| 12.a. Instruct how to improve flexibility of an athlete.
(or) | CO2 K3 |
| 12.b. Select a proper mean and methods to develop speed for an athlete. | CO2 K5 |
| 13.a. Brief principle of intensity and volume of stimulus in training load.
(or) | CO3 K4 |
| 13.b. Express the means and methods to develop endurance. | CO2 K2 |
| 14.a. Steps to improve tactics in game of specialization.
(or) | CO3 K1 |
| 14.b. How to develop the talent identification by a physical education teacher? | CO4 K3 |
| 15.a. List down the special equipments and improvised apparatus used in training process.
(or) | CO5 K3 |
| 15.b. Differentiate competition and transition phase in periodization. | CO4 K4 |

Part C **5 x 12 = 60**
Answer ALL questions
Each answer should not exceed 800 words or four pages

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| 16.a. Enumerate the principles of sports training.
(or) | CO1 K1 |
| 16.b. Indicate the system of sports training. | CO1 K2 |
| 17.a. Describe the means and methods of strength development.
(or) | CO2 K1 |
| 17.b. Generalise means and methods of co-ordination development. | CO2 K3 |
| 18.a. Point out types of training load.
(or) | CO3 K4 |
| 18.b. Validate means and methods of technique training. | CO3 K5 |
| 19.a. Formulate periodization and its types.
(or) | CO4 K5 |
| 19.b. How to plan a training session for your game specialization? | CO4 K5 |
| 20.a. Categorize the training equipment for practice.
(or) | CO5 K3 |
| 20.b. Summarize tactical training and methods to improve it. | CO2 K3 |
