

15BPPEC18- Sports Training

Part - A

Circle the correct answer

5X1=5

1. Active flexibility refers to
 - (a) Muscular stretch without assistance
 - (b) Muscular stretch with assistance
 - (c) Stretching at maximum range
 - (d) None of the above.
2. After acquiring mastery of skills, stress is laid on
 - (a) Development of motor components
 - (b) Tactical training
 - (c) Techniques
 - (d) None of the above.
3. Tactical training is done
 - (a) After skills are mastered
 - (b) Before skills are mastered
 - (c) Both tactical training and technical training are done side by side
 - (d) All the above.
4. Skill acquisition is mainly dependent upon
 - (a) Flexibility
 - (b) Coordination ability
 - (c) Muscular strength
 - (d) Speed.
5. What does the acronym FITT stand for?
 - (a) Frequency, Intensity, time and type of exercise
 - (b) Frequency, Impact, time and type of exercise
 - (c) Frequency, Impact, temp and type of exercise
 - (d) Familiarity, Impact, time and type of exercise

Part - B

Answer the following

2 X 5 = 10

Answer the following in one or two sentence

6. Define Flexibility.
7. Define Co-ordination.
8. What is Techniques?

9. Define Tactics.

10. List down the types of Periodization.

Answer the following

Part - C
Answer the following

3X5=15

Answer should not exceed 200 words or one page

- 11. a. Explain the types of flexibility (Or)
- b. Explain the factors influencing co-ordination
- 12. a. Briefly explain the planning for competition. (Or)
- b. Explain the importance of periodization.
- 13. a. Write short note on tactical concepts (Or)
- b. Explain implication of motor development in adolescence.

Part - D

Answer the following

2X15=30

Answer should not exceed 1200 words or six page

- 14. a) Enumerate the methods of tactical development. Or
- b) Enumerate the factors influencing flexibility.
- 15. a). Give an account on types of competition. Or
- b) Explain the training and peaking of performance during different ages, sex difference and its implication in training and competition.

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