



ii BSc

Sambath

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

Continuous Internal Assessment Test I – February 2026
IV Semester

Class : II BSc
Major : Physical Education

Time: 2 hours
Maximum Marks: 60

23BPEC13- Sports Training

Course Outcomes:

At the end of the course, students will:

1. The learners will be able to identify the fundamental concepts, theories and principles of Human body training related to sports performance.
2. The learners will be able to demonstrate the skills to train different fitness components and related planning Skill-related health and fitness in athletes.
3. The learners will be able to understand the organization to achieve high performance in sports.
4. To understand the types of training plans, types of techniques, tactics and strategy.
5. Utilize and enhance team sports programming and teaching strategies learned.

Part - A

6 x 1 = 6

Choose the Correct Answer

1. The principle which states that training must be specific to the sport is
a. Overload b. Individualization c. Specificity d. Continuity CO1 K3
2. Which factor affects training load?
a. Age b. Intensity c. Volume d. All of the above CO2 K3
3. Which principle prevents stagnation in performance?
a. Reversibility b. Progression c. Specificity d. Adaptation CO3 K2
4. Which type of endurance is required for long-distance running?
a. Speed endurance b. Strength endurance
c. Aerobic endurance d. Anaerobic endurance CO1 K3
5. Which test is used to measure endurance?
a. Standing broad jump b. Sit-up test c. 12-minute run test d. Shuttle run CO2 K1
6. Fartlek training originated in
a. Germany b. USA c. Sweden d. India CO3 K2

Part - B

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Define sports training and explain its aims CO3 K2
(or)
7. b. Define sports training and explain its aims CO2 K3
8. a. Describe the principles of sports training CO1 K3
(or)
8. b. Define training load and explain its types CO5 K4
9. a. Describe continuous training and its advantage CO4 K3
(or)
9. b. Describe the means and methods of training for the development of endurance CO3 K3

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Describe the history of sports training from ancient to modern times and explain its scientific development CO2 K3
(or)
10. b. Explain the relationship between training load and adaptation. CO3 K3
11. a. Describe the similarities between load and adaptation with suitable examples. CO4 K4
(or)
11. b. Explain in detail the following training methods: CO4 K3
i) Fartlek Training iii) Interval Training
ii) Circuit Training iv) Weight Training
12. a. Explain motor components in detail. Discuss the factors influencing strength and endurance and describe the standard tests. CO1 K4
(or)
12. b. Define motor components. Explain strength and endurance, their types, means of training, methods of improvement, and standard tests for evaluation. CO2 K3

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Staff in-charge: Mrs.V.Preethi