



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)
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination –November 2019
V Semester

Class : III UG
Major : Physical Education

Time: 3 hours
Max. Marks: 100

15BPPEC18 Sports Training

Part A

10 x 1 = 10

Choose the correct answer

1. 'Fartlek Training' is used best to develop
 - a) Flexibility
 - b) strength
 - c) Endurance
 - d) stadium area.
2. Adaptation to training load at high altitudes is known as
 - a) Thermoregulation
 - b) Super compensation
 - c) Acclimatization
 - d) None of the above.
3. Abdominal muscles are best developed from
 - a) Running
 - b) Abdominal crunch
 - c) Back hyperextension
 - d) Lateral bending.
4. After acquiring mastery of skills, stress is laid on
 - a) Development of motor components
 - b) Tactical training
 - c) Both (a) and (b)
 - d) None of the above.
5. 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.
6. High altitude training at 8,000 ft
 - a) Enhances performance
 - b) Deteriorates performance
 - c) Increase muscle strength
 - d) None of the above.
7. Interval training is good for
 - a) Off season
 - b) Mid-season
 - c) Competition period
 - d) None of the above.
8. Main consideration for effective periodization should be
 - a) Base creation
 - b) Achievement of top form
 - c) Skill development.
 - d) Development of tactical ability.
9. The first metamorphosis falls between the ages of
 - a) 7-10 years
 - b) 3-5 years
 - c) 11-14 years
 - d) 2-4 years.
10. In selecting talent, the most important factor to be considered is
 - a) Training state
 - b) Health
 - c) Interest and attitude
 - d) All the above

Part B

**Answer the following 5X6=30
Answer should not exceed 400 words or two pages**

11. a) Explain the aims and task of sports training.
(or)
11. b) How can load be increased in circuit training?
12. a) Explain Co-ordination training with suitable example?
(or)
12. b) What is Endurance? How will you fix the Intensity for Endurance Training?
13. a) What is technical preparation?
(or)
13. b) What are sports tactics? Explain it.
14. a) Explain single Periodisation.
(or)
14. b) Explain the importance of training plans.
15. a) What are the motor developments that are possible in childhood?
(or)
15. b) What are motor components that have to be developed in adolescence?

PART C

**Answer the following 5 X 12 = 60
Answer should not exceed 800 words or four pages**

16. a) Explain the principles of sports training.
(or)
16. b) Explain the principles of Overload, specificity and reversibility.
17. a) What are the types of motor components?
(or)
17. b) Define strength and explain the types of strength training.
18. a) Explain the stages and methods of development of technique.
(or)
18. b) What are causes of errors and explain? How to correct it?
19. a) Explain the types of periodization in training.
(or)
19. b) Explain how to prepare for competition?
20. a) Explain the motor developments and its implications in Adulthood.
(or)
20. b) How to prepare a training programme for different age and sex.