



**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.CGPA 3.65/4, Category I by UGC  
Coimbatore-641 043, Tamil Nadu, India

**Continuous Internal Assessment – II April 2025**  
**IV Semester**

**Class :II B.Sc**  
**Branch : Physical Education**

**Max. Marks : 60**  
**Time : 2 Hours**

**23BPEC13 – 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**

**Choose the Correct Answer**

**6X1=6**

1. Tactical Training is done  
a. After skills are mastered b. before skills are mastered  
c. Before tactical training and technical training are done side by side d. All the above **CO2K3**
2. plyometric training uses what energy system? **CO1K3**  
a. Anaerobic b. Aerobic c. Lactic acid d. ATP/PC
3. Health related fitness Component is **CO4 K1**  
a. reaction ability b. Agility c. Speed d. Muscular endurance
4. speed play is also know as **CO2K3**  
a. Interval Training b. Weight Training c. Fartlek Training d. pressure Training
5. Short term endurance also called **CO1K2**  
a. Muscle endurance b. Anaerobic endurance c. Aerobic endurance d. Both A and B
6. Pyramid Training was invented by **CO1K2**  
a. Russians b. Germans c. Swedish people d. Americans

**Part B**

**3 x 6 = 18**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 7.a. Explain the types of Motor components? **CO3K2**  
Or
- 7.b. Enumerate the types of Endurance based on the duration of activity? **CO2K2**
- 8.a. What are the components of Physical Fitness with example? **CO3K2**  
Or
- 8.b. Describe the Fartlek Training and explain it **CO4K1**
- 9.a. State the two types of flexibility and brief its significance **CO5K2**  
Or
- 9 b. Write short notes on types of co-ordination **CO5K1**

**Part C**

**3 x 12 = 36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 10.a. Write the Aim of Technique of sports ? **CO3K2**  
Or
- 10.b. Enumerate the standard tests to evaluate motor components **CO1K2**
- 11.a. Explain the Principle of cyclicity of Training . **CO2K3**  
Or
- 11.b. Enumerate Strength and types of strength **CO2K4**
- 12.a. Explain the Strength training in yearly cycle? **CO4K1**  
Or
- 12.b. Elucidate the periodization and high performance Training Stage . **CO3K4**

**Staff in charge : Mrs.V.Preethi**  
**No.Of .Copies : 32**