

**Avinashiligam Institute for Home Science and Higher Education for Women, Coimbatore –  
641 043**

Continuous Internal Assessment Test II – December 2020

Class : II BPEd

Major : Physical Education

Max Marks: 30

**18BPDC15 – Sports Training**

**Course Outcomes**

**CO1: Understand training as performance based science**

**CO2: Explain different means and methods of various training**

**CO3: Prepare training schedule 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**

Answer all the questions

6X 1 = 6

<b>1.</b>	The cool down after exercise is important because it	C03 K3
	a) Improves oxygen uptake c) Speeds the removal of lactic acid	b) Regulates breathing d) Decreases adrenaline
<b>2</b>	Which one of the following is the complex human quality?	C03 K3
	a) Coordination c) Speed	b) Flexibility d) Endurance
<b>3.</b>	Which of the following statements about the benefits of flexibility training is FALSE?	C02 K5
	a) Decreased risk of injury c) Improved athletic performance	b) Increased use of energy d) Reduced soreness in muscles
<b>4.</b>	The capacity to perform movement over broad range	C04 K
	a) Agility c) Flexibility	b) Coordination d) Speed
<b>5.</b>	The term peaking refers to	C04 K2
	a) Top form c) Intermediate form	b) Basic form d) Medium form
<b>6.</b>	PNF stretching maneuver	Co4 K5
	a) Submaximal isometric contractions are more effective than maximal contractions. b) The effectiveness of PNF is largely independent of the duration of the isometric contractions. c) The minimum effective duration of the isometric contraction is 30 s. d) None of the above are true	

**Part – B**

Answer any two questions ant it should not exceed 400 words

2 X 6 = 12

<b>7.</b>	State the factors influence endurance?	C03 K2
<b>8.</b>	Explain briefly the types of coordination?	C04 K2
<b>9.</b>	Define technique and write its types?	C04 K1
<b>10.</b>	Write short notes on altitude training?	C03 K2

**Part – C**

Answer any one and it should not exceed 800 words		1 X12=12
<b>11</b>	Enumerate the methods to improve flexibility?	C02 K3
<b>12</b>	Elucidate the three stages of technique training?	C04 K3