

Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore-641 043
Bachelors Degree Examination November – 2018

V Semester

Class : III UG
Major : Physical Education

Time : 3 Hours
Max Marks: 100

15BPEC18-Sports Training
PART-A
10X1=10

Choose the correct Answer

1. The total amount of work done in a training session is _____
a) Volume b) Internal load c) Frequency d) External load
2. Meso cycle consists of _____
a) 2-4 weeks b) 3-4 weeks c) 3-6 weeks d) 2-5 weeks
3. The ability of the sportsman to overcome resistance with high speed is called _____
a) Maximum strength b) Explosive strength
c) Strength endurance d) Relative strength
4. An example for Iso-metric contraction is _____
a) Swimming b) Gymnastics c) Throwing d) Dead lift
5. The capacity of an organism to supply energy for the muscle activity in the absence of oxygen is termed as _____
a) Buffer capacity b) Aerobic capacity c) Anaerobic capacity
d) Both b & C
6. Multiple periodization has _____
a) Three transition periods b) Two transition periods
c) One transition period d) Multiple transition periods
7. The Instrument used to measure the height of a person is _____
a) Goniometer b) Stadiometer
c) Dynamometer d) Wet Spirometer
8. The preparatory period is generally characterized for _____
a) General training means b) Specific training means
c) Recovery and relaxation means d) All the above.
9. 'PNF' is a method of stretch associated with _____
a) Strength training b) Speed training
c) Endurance training d) Flexibility training
10. An example for 'Internal Load' implies _____
a) Distance run b) Symptoms of fatigue c) Duration of play
d) Number of repetitions

: 2 :

PART-B

5x6=30

Answer the following

Answer should not exceed 400 words or two pages

11. a) write the characteristics of sports training.
 11. b) Explain the factors affecting load
 12. a) write down the types of motor components
(or)
 - 12 b) Explain the methods to develop speed
 13. a) Explain any three causes, errors and correction of faults in the game of your choice.
(or)
 13. b) Write the importance of tactical preparations in games for better performance.
 14. a) Write about single periodization.
(or)
 14. b) Explain the importance of pre-competition period.
 15. a) Define motor development. Explain gross motor skills.
 15. b) Explain the development of motor skills during childhood stage.
- PART-C**
Answer the following
Answer should not exceed 800 words or four pages

16. a) Explain the principles of sports training.
(or)
16. b) What is training load? Explain the types of load in detail.
17. a) Describe the means and methods to develop strength
(or)
17. b) Explain the development of motor fitness components
18. a) Explain in detail the technical preparation of any one game of your choice.
(or)
18. b) Explain the tactical preparations in sports
19. a) Discuss double and multiple periodization
(or)
19. b) List down the types of competition and explain the preparation for competition
20. a) Explain the development of motor skills during adulthood stage
(or)
20. b) Distinguish between fine and gross motor skills