

Roll. No:

**Avinashilingam Institute for Home Science and Higher Education for Women
Coimbatore – 641 043
Bachelor's Degree Examination – November 2017**

V Semester

**Class : III UG
Major : Physical Education**

**Time : 3 Hours
Max. Marks : 100**

15BPEC18 Sports Training

Part – A

10 x 1 = 10

Choose the Correct Answer

1. Sports Training aims at achieving high performance in
 - a. Wealth
 - b. Adaptation
 - c. Strength
 - d. Sports Competition
2. The nature of training load determines the
 - a. Training effect
 - b. creativeness
 - c. demands
 - d. recovery
3. Macro cycle is considered the
 - a. shortest cycle
 - b. modifying cycle
 - c. transitional cycle
 - d. longest cycle
4. Speed is the ability to execute any work in the minimum
 - a. recovery time
 - b. flexibility
 - c. muscle strength
 - d. possible time
5. Endurance is the ability to do
 - a. Sports movements
 - b. Mental attitude
 - c. Heavy weights
 - d. Moral support
6. Static method involves by using of
 - a. Reactive method
 - b. dynamic method
 - c. Isometric exercise
 - d. range distance
7. Periodization is normally done for
 - a. one month
 - b. one year
 - c. one week
 - d. one day
8. Tactics is the art of
 - a. teaching
 - b. goal
 - c. competing
 - d. gauses
9. Young children generally have a maximal heart rate is ----- beats / min
 - a. 220
 - b. 180
 - c. 160
 - d. 60
10. Aging muscle has been shown to contain higher proportions of
 - a. Fast twitch fibres
 - b. slow twitch fibres
 - c. stiffness
 - d. oxidative enzyme

Part – B

5 x 6 = 30

Answer the following

Answer should not exceed 400 words or two pages

- 11.a. Write the aim of sports training.
(Or)
11.b. Define personality.
- 12.a. Explain various types of strength.
(Or)
12.b. Explain various types of flexibility.
- 13.a. Define tactics in strategies.
(Or)
13.b. Explain tactical evaluation.
- 14.a. Define competition period.
(Or)
14.b. Draw a chart for single periodisation.
- 15.a. List down the strength straining for kids.
(Or)
15.b. List down the nutrients for ageing.

Part – C

5 x 12 = 60

Answer the following

Answer should not exceed 800 words or four pages

- 16.a. Write the principles of sports training.
(Or)
16.b. List down the characteristics of sports training.
- 17.a. Write the various cycle of training.
(Or)
17.b. Write the classification of endurance.
- 18.a. Explain stages and methods of tactical training.
(Or)
18.b. Explain tactics and mention the skill classification.
- 19.a. Explain planning and list down the short term plans and long term plans.
(Or)
19.b. Write the importance of training plan.
- 20.a. List down the physiological changes during the adolescent period.
(Or)
20.b. Explain sex differences and its implication in training.
