

(6 Pages)

Reg. No. :

Code No. : 10535 E Sub. Code : CSPE 31

B.Sc. (CBCS) DEGREE EXAMINATION, APRIL 2023.

Third Semester

Physical Education

Skill Based Subject — PRINCIPLES OF SPORTS
TRAINING

(For those who joined in July 2021 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Which method of training utilize both aerobic and anaerobic energy producing systems?
 - (a) Continuous
 - (b) Fartlex
 - (c) Strength
 - (d) Intervel

2. Strength gain is fastest with
 - (a) Isomic weight training
 - (b) Isometric weight training
 - (c) Isokinetic weight training
 - (d) None of the above

3. Principle of specificity refers to
 - (a) Nature of training load
 - (b) Age and sex difference
 - (c) Training programme
 - (d) Improvement is different abilities of an individual

4. Speed is not a combination of
 - (a) Maximum speed
 - (b) Explosive speed
 - (c) Repetitions
 - (d) Speed endurance

5. Maximum strength can be developed with
 - (a) Circuit training
 - (b) Polymeric exercise
 - (c) Conditioning exercise
 - (d) weight training

6. Passive flexibility is due to
- (a) Muscular assistance
 - (b) External help
 - (c) Increase in strength
 - (d) Neither (a) or (b)
7. The shortest training cycle is the
- (a) Mescocycle
 - (b) Microcycle
 - (c) Macro cycle
 - (d) None of these
8. Which phase of annual periodization aims at development of rebuilding of general abilities?
- (a) Intensification
 - (b) Accumulation
 - (c) Competitive
 - (d) Peaking
9. Over training causes
- (a) Fatigue
 - (b) Rest
 - (c) Recovery
 - (d) Tapering
10. The first person to give a theoretical base to periodization was
- (a) Hardayal singh
 - (b) L.P. Matweyew
 - (c) Minow
 - (d) Bastion

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).
Each answer should not exceed 250 words.

11. (a) Explain the components of sports training.

Or

(b) Write the aim and importance of sports training.

12. (a) Write about judgment of load.

Or

(b) Explain the factors of load.

13. (a) Explain the forms of speed.

Or

(b) Define endurance and explain the forms of endurance.

14. (a) Briefly explain the different types of coordinative abilities.

Or

(b) Define flexibility and the types of flexibility.

15. (a) Micro cycle - Explain with examples.

Or

(b) Macro cycle - Explain with examples.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)

Each answer should not exceed 600 words.

16. (a) Explain the principles of sports training.

Or

(b) Explain the characteristics of sports training.

17. (a) Explain the principles of training load.

Or

(b) Distinguish the relationship between load and adaptation.

18. (a) Explain the means and methods of the development of strength.

Or

(b) Explain the means and methods of the development of endurance.

19. (a) Define flexibility and explain the methods of flexibility development.

Or

(b) Define speed. What are the methods for improving speed?

20. (a) Explain - Periodization.

Or

(b) Explain the types of periodization.
