

**B.P.Ed. Examination, 2016**

**Semester-III**

**Physical Education**

**Course: CC-301**

**(Sports Training)**

**Time: Three Hours**

**Full Marks: 70**

*Questions are of equal value or as indicated in the margin.*

**Attempt any one question from each Unit-I to Unit-III, two answers from Unit IV and give ten answers from Unit-V**

**Unit-I**

1. What is the aim of Sports Training? Discuss in detail about the principles of Sports Training. 2+13=15

or

Define Sports Training. Explain in detail about the system of Sports Training. 3+12=15

**Unit-II**

2. What do you understand by 'Speed' in Sports Training? Discuss elaborately the factors that influence the Strength. 3+12=15

or

What is Explosive Strength? Describe the methods of developing Endurance. 3+12=15

**Unit-III**

3. What is Technique? Write in detail about the principle of Load and Adaptation. 3+12=15

or

Write the meaning of Tactics? Discuss the methods of technique training. 3+12=15

**Unit-IV**

4. Write short notes on *any two* of the following:

(i) Periodization (ii) Planning (iii) Talent Identification (iv) Training Cycle Plan

7.5+7.5=15

P.T.O.

**Unit-V****5. Write the correct answer from the following (any ten)**

10x1=10

- (i) "Sports training is a pedagogical process, based on scientific principles, aiming at preparing sportsmen for higher performances in sports competitions". This definition was given by – (a) Harre (b) Martin (c) H Singh (d) Matwejew
- (ii) Which of the following is the best method of load increase – (a) Linear method (b) Angular method (c) Stair case method (d) None of these.
- (iii) Which of the following aspect one must consider for effective result of sports training – (a) Physical (b) Physiological (c) Psychological (d) all of these.
- (iv) The ability to overcome resistance is called – (a) Dynamic strength (b) Static strength (c) Relative strength (d) Strength endurance
- (v) In interval training method, heart rate ranges between – (a) 140-160B/M (b) 160-180 b/M (c) 170-190 B/M (d) None of these.
- (vi) Maintaining maximum speed at maximum distance is known as – (a) Acceleration ability (b) Locomotor ability (c) Movement ability (d) Speed endurance.
- (vii) The ratio between the phases of load and recovery is known as – (a) density of stimulus (b) Intensity of stimulus (c) Duration of stimulus (d) volume of stimulus
- (viii) Super compensation means – (a) Fatigue (b) Second wind (c) Adaptation to load (d) Oxygen debt.
- (ix) Tactical training is done – (a) Before skills are mastered (b) After skills are mastered (c) Both Tactical training and technical training are done side by side (d) All of the above.
- (x) In selecting talent, the most important factor to be considered is – (a) training state (b) Health (c) Interest & attitude (d) All of the above
- (xi) Transition period aims at – (a) Stabilization of performance (b) Super compensation (c) Recreation (d) Recovery
- (xii) Which phase of the Periodization aims to re-achieve the previous training state – (a) Preparatory period-I (b) Preparatory period-II (c) Preparatory period-III (d) Transition period