

**VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM****B.P.Ed. DEGREE EXAMINATION – April 2019****Second Semester****SPORTS TRAINING**

Time: Three hours

Maximum: 75 marks

**PART – A (10 x 2 = 20 marks)**Answer any **TEN** questions. All questions carry equal marks.

1. Define Sports Training.
2. Define Over Load.
3. Meaning of Micro cycle.
4. Define Agility.
5. List down the types of Weight training.
6. Define Strength.
7. Give any two forms of Speed.
8. Define Speed Endurance.
9. Meaning of Reaction Speed.
10. Write down the types of Flexibility.
11. What is Coordinative Ability?
12. Write down the types of Endurance.

**PART – B (5 x 5 = 25 marks)**Answer any **FIVE** questions. All questions carry equal marks.

13. Explain the causes and symptoms of over load.
14. Explain the basic principles of Sports training.
15. Explain about Interval training.
16. Explain the factors determining Strength.
17. List down the form of Speed and explain in detail.
18. Define Speed endurance and explain factor determining Speed endurance.
19. Define the Coordinative abilities and explain their types.
20. Write about the Circuit training.

**PART – C (3 x 10 = 30 marks)**Answer any **THREE** questions. All questions carry equal marks.

21. Explain briefly about Periodisation.
22. Define Warm-up and explain the types of Warm-up.
23. Explain about the various methods to improving Strength.
24. Define Endurance and explain the method for improving Endurance.
25. Define Flexibility and explain the types of Flexibility.

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