

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**B.P.Ed. DEGREE EXAMINATION – November 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 Mobility.
2. Define Load.
3. Number of preparatory period in double Periodization.
4. Meaning of Transitional period.
5. List down the types of weight training.
6. Define Acceleration.
7. Give any two forms of speed.
8. Define Agility.
9. Meaning of Reaction Time.
10. Write down the types of Flexibility.
11. What is Balance?
12. Write down the types of Endurance.

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

13. Meaning and aim of sports training.
14. Explain the principles of Load.
15. Explain about Interval training.
16. Explain the factors determining speed.
17. Explain the benefit of Warm up.
18. Write about the components of physical fitness.
19. Define coordinative abilities and explain their types.
20. Explain the importance of Endurance.

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

21. List down the various method for improving Flexibility.
22. Define Intensity and Density in Loading.
23. Explain about the various methods to improve Strength.
24. Define Endurance and explain the method for improving Endurance.
25. Define coordinative ability and how to improve the coordinative ability.
