

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM

B.P.E / B.P.E.S. DEGREE EXAMINATION – November 2019
Sixth Semester

TRAINING METHODS

Time: Three hours

Maximum: 75 marks

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

1. Define is sports training.
2. Define strategy.
3. Write the types of training.
4. Define Warming up?
5. Define training load.
6. Write any two importance of load?
7. Define speed.
8. What is endurance?
9. What is periodization?
10. What is meso- cycle plan?
11. What is coordination?
12. Define plyometric training.

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

13. Write the need and importance of sports training.
14. Explain the concept of Interval training.
15. Explain the factors affecting recovery.
16. Explain the types of endurance.
17. Write the aims and contents of various periods.
18. Explain the types of strength.
19. Write short notes on flexibility.
20. Explain – how will you do cool down?

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

21. Explain the aim, characteristics and principles of sports training.
22. Explain the concepts of weight training in detail.
23. Explain the causes, symptoms and remedies of over load.
24. Explain the means and methods to develop speed.
25. Explain the meaning and types of periodization.
