

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)
Each answer should not exceed 600 words.

16. (a) Write the meaning of sports training and discuss the aims of sports training.
Or
(b) Explain the principles of sports training.
17. (a) What is strength and write the forms of strength?
Or
(b) Explain the methods of improving strength.
18. (a) Write the methods of improving speed.
Or
(b) Explain the methods of improving endurance.
19. (a) Explain the methods of improving flexibility.
Or
(b) Explain the methods of improving coordination.
20. (a) Explain single periodisation.
Or
(b) Explain double periodisation.

Reg. No. :

Code No. : 20592 E Sub. Code : CSPE 31

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

Third Semester

Physical Education

Skill Based Subject — PRINCIPLES OF SPORTS
TRAINING

(For those who joined in July 2021–2022 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. The basic form of preparation of sportsman is called
(a) Sports training (b) Kinesiology
(c) Biomechanics (d) Psychology
2. Which one of the following are the principles of sports training —
(a) principle of overload
(b) principle of variety
(c) principle of continuity
(d) all the above



3. Ability of the sportsmen to overcome the resistance with high speed _____
 (a) Explosive strength
 (b) Strength endurance
 (c) Speed endurance
 (d) Flexibility
4. Circuit training was developed by
 (a) R.E. Morgan (b) Aristotle
 (c) Newton (d) Archimides
5. Quickness of movement of limbs is _____
 (a) Strength (b) Speed
 (c) Endurance (d) Coordination
6. Essential qualities of weight lifter is
 (a) Endurance (b) Strength
 (c) Flexibility (d) Coordination
7. Method to improve flexibility is _____
 (a) Stretch and hold (b) Climbing
 (c) Squat trust (d) Weight Lifting
8. _____ exercise should take part before the training session.
 (a) Strength (b) Warm down
 (c) Warm up (d) Endurance
9. How many transitional periods in double periodisation?
 (a) 4 (b) 2
 (c) 3 (d) 1

10. Which one of the following is not a training cycle?
 (a) micro cycle (b) macro cycle
 (c) meso cycle (d) bicycle

PART B — (5 × 5 = 25 marks)

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

11. (a) Write the importance of sports training.
 Or
 (b) Write the characteristics of sports training.
12. (a) Explain load intensity.
 Or
 (b) Write the causes of load.
13. (a) Write the meaning and forms of speed.
 Or
 (b) Write the meaning and forms of endurance.
14. (a) Write the meaning and forms of flexibility.
 Or
 (b) Write the meaning and forms of coordination.
15. (a) Write the types of cycle.
 Or
 (b) Write about preparatory period.

