

(6 pages)

Reg. No. :

Code No. : 20458 E Sub. Code : CSPE 31

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2022.

Third Semester

Physical Education

Skill Based Subject — PRINCIPLES OF SPORTS
TRAINING

(For those who joined in July 2021 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Sports training programmes are developed through a series of training periods or cycles based on the principle of
- (a) Continuity (b) Periodization
(c) Specificity (d) Individuality

2. Which principles of sports training refers to general motor skills and fitness development?
- (a) Principles of over load
(b) Principles of specificity
(c) Principles of individuality
(d) Principles of periodization
3. The ability to release maximum muscular force in the shortest possible time is called
- (a) Muscular endurance
(b) Muscular strength
(c) Muscular power
(d) Agility
4. Active flexibility refers to
- (a) Muscular stretch without assistance
(b) Muscular stretch with assistance
(c) Stretching at maximum range
(d) None of the above
5. Principle of overloading is that
- (a) Load should be maximum
(b) According to the capacity of the athlete
(c) Load should be more than optimal
(d) According to the body weight

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6. Isometric contraction can also be called
(a) Dynamic contraction
(b) Static contraction
(c) Concentric contraction
(d) Eccentric contraction
7. Sports top form depends on
(a) Training (b) Diet
(c) Psychological limits (d) Equipments
8. Which principle of training asks for a balance between stress and rest?
(a) Principle of adaption
(b) Principle of overload
(c) Principle of progression
(d) Principle of use disuse
9. Age and sex difference are considered in
(a) Principle of over load
(b) Principle of specificity
(c) Principle of individuality
(d) Principle of periodization

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10. Which of the following is the longest cycle of training?
(a) Macro cycle (b) Micro cycle
(c) Meso cycle (d) Weekly cycle

PART B — (5 × 5 = 25 marks)

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

11. (a) Explain the objectives of sports training.
Or
(b) Write the meaning and definition of sports training.
12. (a) What is super compensation in sports training?
Or
(b) Write the meaning and definition of load.
13. (a) Define speed and the types of speed ability.
Or
(b) Define endurance and explain the forms of endurance.

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14. (a) Define strength and the forms of strength.

Or

- (b) Define flexibility and the types of flexibility.

15. (a) Mesocycle - explain with example.

Or

- (b) Macrocycles - explain with example.

PART C — (5 × 8 = 40 marks)

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

16. (a) Explain the principles of sports training.

Or

- (b) Explain the characteristics of sports training.

17. (a) Explain the principles of training load.

Or

- (b) Explain the means and methods of the development of strength.

18. (a) Explain the means and methods of the development of speed.

Or

- (b) Explain the means and methods of the development of endurance.

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19. (a) Explain the means and methods to improve flexibility.

Or

- (b) Explain the types of periodization.

20. (a) Describe periodization.

Or

- (b) Discuss the improvement of tactical efficiency in sport straining.

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