

**F 4565**



Reg. No.....

Name.....

**B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2023**

**Third Semester**

**SPORTS TRAINING**

(2015 Admission onwards)

Time : Three Hours

Maximum : 80 Marks

**Part A**

I. Answer any *nine* of the following questions. Each question carries 2 marks :

- (a) Goniometer.
- (b) Aerobic activity.
- (c) Volume of exercise .
- (d) Agility exercise.
- (e) Workout.
- (f) Drills.
- (g) Respiratory rate.
- (h) Anthropometry.
- (i) Bench press.
- (j) Body composition.
- (k) Endurance.
- (l) Pelvic floor muscles.
- (m) Strides.
- (n) Bullet start.

(9 × 2 = 18)

**Part B**

II. Write short note on any *six* of the following questions. Each question carries 4 marks :

- (a) Abdominal muscles.
- (b) Static strength.





F 4565

- (c) Oxygen debt.
- (d) Fartlek training.
- (e) Neuro muscular co-ordination .
- (f) Plyometric training .
- (g) Load in sports training.
- (h) Physics behind follow through action.

(6 × 4 = 24)

### Part C

III. Explain any *three* of the following .Each question carries 6 marks :

- (a) Methods employed for talent identification.
- (b) Content of transitional period training.
- (c) Finishing technique in sprint events.
- (d) Advantages of weight training.
- (e) High performance training.

(3 × 6 = 18)

### Part D

IV. Write an essay on any two of the following. Each question carries 10 marks :

- (a) Means and methods of endurance training.
- (b) Principles of intensity and volume of stimulus.
- (c) Aims and objectives of sports training .
- (d) Planning a long term training session.

(2 × 10 = 20)

