

**VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM****B.P.Ed. DEGREE EXAMINATION – November 2018****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 Load.
2. Write down the types of Periodisation.
3. Write down the types of Training.
4. Meaning of Warm-down.
5. Define Strength.
6. Define Agility.
7. Define Power.
8. Define Loco-motor ability.
9. Define Acceleration.
10. Define Flexibility.
11. What is called Endurance?
12. Meaning of Meso cycle.

**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 types of Periodisation.
15. Write about Circuit training.
16. Explain the Loading procedure for Strength training.
17. Describe the method of developing Speed.
18. Explain the types of Endurance.
19. Write down the types of Endurance and its importance.
20. Explain about the method of improving Flexibility.

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

21. Describe the Periodisation types and explain the content of various periods.
22. Explain the following: a) Swiss ball training b) Medicine ball training c) Cross training.
23. List down the various method for improving Strength.
24. Explain the factors determining Speed endurance.
25. Define Coordinative ability and how to improve the Coordinative ability.

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