

Ex/PHY.EDN/UG/CC-301/100/2019

BACHELOR OF PHYSICAL EDUCATION EXAMINATION, 2019

(2nd Year, 3rd Semester)

SPORTS TRAINING

PAPER : CC - 301

Time : Three hours

Full Marks : 70

Group - A

Answer *any three* questions

1. What is sports training ? Explain the Aim of sports training in details. 3+12=15
১. ক্রীড়া প্রশিক্ষণ কি? ক্রীড়াপ্রশিক্ষণের লক্ষ্য বিস্তারিত ভাবে ব্যাখ্যা কর। ৩+১২=১৫
2. What is strength ? Explain the various types of strength and the various methods for developing strength. 3+12=15
২. শক্তি কি ? বিভিন্ন ধরনের শক্তির ব্যাখ্যা দাও এবং বিভিন্ন ধরনের শক্তি বৃদ্ধির পদ্ধতি ব্যাখ্যা কর। ৩+১২=১৫
3. Explain training load and its type. Write down the various components of training load. Explain about the Super compensation in details 4+5+6=15
৩. প্রশিক্ষণের চাপ ও উহার ধরনের ব্যাখ্যা দাও। প্রশিক্ষণ চাপের বিভিন্ন উপাদানগুলি লেখো। সুপার কমপেনশেসনের বিস্তারিত ব্যাখ্যা দাও। ২+৩+১০=১৫

[Turn over

[4]

- vi) 'Meso cycle' involves training of
- a) one week b) 6-8 weeks
 - c) 8-10 weeks d) 1-5 weeks
- vii) Who invented interval training ?
- a) Morgan and Adamson b) Van Aaken
 - c) Herbert Spencer d) Raindell and Grestchler
- viii) Ballistic method helps to improve
- a) Agility b) Flexibility
 - c) Power d) Endurance
- ix) 'Super compensation' means
- a) Fatigue b) Second wind
 - c) Adaptation to load d) Oxygen debt
- x) 'Fartlek' training is given for improving
- a) Strength b) Endurance
 - c) Flexibility d) None of above
- xi) Ability of a muscle (or group of muscles) to work continuously for a long period of time
- a) Muscular Endurance b) Aerobic Capacity
 - c) Muscular power d) Muscular strength

[3]

Group - C

Choose the correct option from the following (*any ten*) :

10×1=10

- i) The two major components of load are
- a) Specificity and volume b) Intensity and volume
 - c) Intensity and progression d) Continuity and recovery
- ii) A faster adaptation process occurs to :
- a) Beginners b) High performers
 - c) Moderate performers d) Experienced performers
- iii) How is intensity measured during Aerobic Exercise ?
- a) Heart Rate b) Time
 - c) Duration d) Sweat
- iv) Incomplete recovery is an essential feature of
- a) Repetition method b) Interval method
 - c) Circuit training d) Fartlek method
- v) Basic principle of Fartlek training is
- a) variation in space b) variation in pace
 - c) variation in duration d) variation in place

[Turn over