

**BACHELOR OF PHYSICAL EDUCATION EXAMINATION, 2023**

( 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 principles of sports training in detail. 3+12=15
2. What is strength? Explain the various types of strength. Discuss about various factors responsible for developing strength. 2+6+7=15
3. What do you mean by training load? Describe the various components of training load. Mention the causes and symptoms of overload. 3+6+6=15
4. What is periodization? What are the various types of Periodization? Explain the aim and content of different phases of single Periodization in details. 2+3+10=15
5. Describe various types of endurance. Explain the different methods for developing Flexibility. 6+9=15

**Group - B**

Write short notes (*any two*) :

$7\frac{1}{2} \times 2 = 15$

6. Load dynamics.
7. Methods of developing strength.
8. Super compensation.
9. Steps of Talent identification.

**Group - C**

10. Choose the correct option from the following (*any ten*) :  $1 \times 10 = 10$ 
  - 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 performance
    - c) Moderate performers
    - d) Experienced performers

[ Turn over

- iii) How is intensity measure during Aerobic Exercise?
- a) Heart Rate
  - b) Time
  - c) Duration
  - d) Sweat
- iv) Complete recovery is an essential feature of
- a) Repetition method
  - b) Interval method
  - c) Circuit training
  - d) Fartlek method
- v) 'Super compensation' means
- a) Fatigue
  - b) Second wind
  - c) Adaptation to load
  - d) Oxygen debt
- vi) Fast continuous method helps to improve
- a) Strength
  - b) Endurance
  - c) Flexibility
  - d) None of the above
- vii) 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
- viii) Power is the combination of
- a) Agility and Speed
  - b) Speed and Strength
  - c) Agility and Strength
  - d) Speed and Endurance
- ix) Ballistic method helps to improve
- a) Agility
  - b) Flexibility
  - c) Power
  - d) Endurance
- x) Who invented Interval training?
- a) Morgan and Adamson
  - b) Van Aaken
  - c) Herbert Spencer
  - d) Raindell and Grestchler
- xi) 'Micro cycle' involves training of
- a) one week
  - b) 6 – 8 weeks
  - c) 8 – 10 weeks
  - d) 1 – 5 weeks
- xii) Basic principle of Fartlek training is
- a) variation in space
  - b) variation in pace
  - c) variation in duration
  - d) variation in place