

S.No. 5783

16 SCCPE 6

(For candidates admitted from 2016–2017 onwards)

B.Sc. DEGREE EXAMINATION, APRIL 2022.

Part III – Physical Education, Health Education Sports
– Major

SCIENCE OF SPORTS TRAINING

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20)

Answer ALL questions.

1. Define sports training.
2. Define Intensity.
3. What is Circuit training?
4. What is Plyometric training?
5. Define motor components.
6. Define Speed.
7. What is technical preparation?
8. Define tactics.
9. What is Periodisation?
10. Define Micro cycles.

SECTION B — (5 × 5 = 25)

Answer ALL questions, choosing either (a) or (b).

11. (a) Explain aims of sports training.

Or

- (b) Discuss the scope of sports training.

12. (a) Explain Furtlek training.

Or

- (b) Discuss Isometric contraction.

13. (a) Explain the importance of Motor Components.

Or

- (b) Explain about endrame.

14. (a) Explain stages of technical development.

Or

- (b) Explain method of tactical training.

15. (a) Explain about warming-up.

Or

- (b) Discuss about cooling down.

SECTION C — (3 × 10 = 30)

Answer any THREE questions.

16. Explain principles of Sports training.

17. Explain about plyometric training and its importance.

18. How to develop different types of strength? Explain.

19. Principles of attack and defence – Discuss.

20. Explain about different types of cycles.