

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM

B.SC. (P. Ed)/ B.P.E DEGREE EXAMINATION – November 2018
Sixth Semester

TRAINING METHODS

Time: Three hours

Maximum: 75 marks

PART – A (10 x 2 = 20 marks)Answer any **TEN** questions. All questions carry equal marks.

1. Write the meaning of sports training.
2. Define Strategy.
3. What is warming up?
4. What is interval training
5. What is Load?
6. Write the meaning of recovery.
7. Define speed Endurance.
8. What is Strength?
9. Define periodization.
10. What is meso – cycle plan?
11. What is plyometric training?
12. Define co – ordination.

PART – B (5 x 5 = 25 marks)Answer any **FIVE** questions. All questions carry equal marks.

13. Write the principles and characteristics of sports training.
14. Explain how the warm up will enhance the sports performance.
15. Write the causes and remedy for over load.
16. How will you develop co- ordination?
17. Explain the types of periodization.
18. Explain the types of Endurance.
19. Explain the types of strength.
20. Explain the symptoms of over load.

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

21. Write the aim, need characteristics and importance of sports training.
22. Explain the circuit training in detail.
23. Explain the types of load –write the advantages and disadvantages of load.
24. Explain the factors determining speed.
25. Explain how you will prepare a team for a competition.
