

2020

SPORTS TRAINING

Course : CC-301

Full Marks : 70

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. What is Sports Training? State the aim and objectives of Sports Training. Discuss the principles of Sports Training. 3+5+7

Or,

State the psychological components of Sports Training. Discuss, in detail, the technical components of Sports Training. 5+10

2. Define strength. Mention the different types of strength. Discuss the concept of strength development in the light of sports training. 2+3+10

Or,

Define power and balance. Discuss their application in sports. Write a note on appropriate training method for development of power and balance. 4+4+7

3. What is training load? Mention the different components of training load. Why are training loads considered to be a crucial part of sports training? 2+3+10

Or,

What is load dynamics? Mention the principles of load dynamics. Give a brief idea of technical and tactical training. 2+5+8

4. Write notes on *any two* of the following : 7½×2

- (a) Talent identification
- (b) Transition Phase in Periodization
- (c) Objectives of Periodization
- (d) Flexibility and sport performance.

Please Turn Over

5. Answer the following MCQs by choosing the correct option from the given alternatives for each question and write it on your answer script (**any ten**) : 1×10

(a) A symptom of overload is

- | | |
|-------------------|-------------------|
| (i) Sweating | (ii) Vomiting |
| (iii) Weight loss | (iv) Poor vision. |

(b) Progression in training means

- | | |
|---|--------------------------------|
| (i) increase in volume | (ii) increase in intensity |
| (iii) increase in both volume and intensity | (iv) improvement in technique. |

(c) A tactical component of sport training—

- | | |
|--------------------------------|--------------------------|
| (i) Match fixing | (ii) Devising a strategy |
| (iii) Following rules of games | (iv) Motivation. |

(d) Which of the following exercises is considered as Plyometric exercise?

- | | |
|------------------|------------------------|
| (i) Box jump | (ii) Hurdle jump |
| (iii) Depth jump | (iv) Any one of these. |

(e) The other name for Plyometric method is

- | | |
|------------------------|--------------------------|
| (i) Reactive method | (ii) Pyramid method |
| (iii) Super set method | (iv) Combination method. |

(f) Fartlek method is suitable for development of

- | | |
|---------------|-------------------|
| (i) Strength | (ii) Coordination |
| (iii) Agility | (iv) Endurance. |

(g) A yogic posture meant for improvement of static balance is

- | | |
|----------------|--------------------------|
| (i) Chakrasana | (ii) Natarajasana |
| (iii) Halasana | (iv) Ardhamatsendrasana. |

(h) Important factor(s) affecting the psychological state of an athlete is/are

- | | |
|--------------------|--------------------|
| (i) Infrastructure | (ii) Facilities |
| (iii) Spectators | (iv) All of these. |

(i) Meso cycles are composed of

- | | |
|--------------------|-----------------------------------|
| (i) Micro cycles | (ii) Micro and Meso cycles |
| (iii) Macro cycles | (iv) Macro and other Meso cycles. |

(j) A method of speed development is

- | | |
|-----------------------|------------------------|
| (i) Continuous method | (ii) Repetition method |
| (iii) Interval method | (iv) Circuit training. |

- (k) The actual variables in interval method of training are
- (i) Distance, time, repetitions and recovery period
 - (ii) Preparatory, transition and competition period
 - (iii) Distance, transition and recovery period
 - (iv) Force, mass, acceleration.
- (l) 'Active flexibility' refers to
- (i) Muscular stretch without assistance
 - (ii) Muscular stretch with assistance
 - (iii) Stretching at maximum range
 - (iv) None of the above.
-