

2022

SPORTS TRAINING

Paper : 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.

Answer the following questions.

1. Discuss the aims and objectives of Sports Training. 15

Or,

Discuss the various components of Sports Training. 15

2. Define Strength. What are the various methods of Strength development? 3+12

Or,

What are Power and Balance? How power and balance are important for sports performance? 15

3. Define Load and elaborate on its types. What are the various components of Load? 5+10

Or,

Briefly write about meaning and importance of Technical and Tactical Training with proper examples from the area of Sports. 15

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

- (a) Aims and objectives of Preparation phase
- (b) Multiple Periodisation
- (c) High Performance Training
- (d) Talent identification.

5. Answer the following questions by choosing the right option and writing the same on your answer script (*any ten*) : 1×10

- (a) Transition period aims at :

- (i) Stabilization of performance
- (ii) Super compensation
- (iii) Recreation
- (iv) Recovery.

- (b) Psychological Training in sports is particularly important during :

- (i) Pre-Competition Phase
- (ii) Preparation Phase I
- (iii) Preparation Phase II
- (iv) Transition Phase.

Please Turn Over

- (c) The ability to change direction quickly and precisely and yet retain balance is the definition of which component of fitness?
- (i) Agility (ii) Balance
(iii) Coordination (iv) Flexibility.
- (d) A good training method for developing speed is :
- (i) Continuous training (ii) Fartlek training
(iii) Short Interval training (iv) Repetition training.
- (e) A tactical component of sport training is :
- (i) Match fixing (ii) Devising a strategy
(iii) Following rules of games (iv) Motivation.
- (f) Main consideration for effective Periodisation should be :
- (i) Base creation (ii) Achievement of top form
(iii) Skill development (iv) Development of tactical ability.
- (g) While selecting talent, the most important factor is :
- (i) Economical status (ii) Health status
(iii) Knowledge of the game (iv) Social status.
- (h) Progression in training means :
- (i) increase in volume
(ii) increase in intensity
(iii) increase in both volume and intensity
(iv) improvement in technique.
- (i) Smallest part of Periodisation is :
- (i) Preparation Period (ii) Pre-Competition Period
(iii) Competition Period (iv) Transition Period.
- (j) Which of the following exercise is considered as Plyometric exercise?
- (i) Box jump (ii) Hurdle jump
(iii) Depth jump (iv) Any one of these.
- (k) Tactical training is done :
- (i) After skills are mastered
(ii) Before skills are mastered
(iii) Simultaneously with technical training
(iv) Any of the above.
- (l) The process of preparation of sportsmen is called:
- (i) No specific nomenclature (ii) Sports training
(iii) Training process (iv) Training Method.
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