

2021

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.*

1. Discuss the aim and characteristics of Sports Training in detail. 15
- Or,*
- Discuss the principles of Sports Training and Coaching in details. 15
2. Define Speed. Discuss the various methods of Speed development. 3+12
- Or,*
- Define Endurance. Describe the various methods of Endurance development. 3+12
3. Discuss the importance of load in Performance development. Describe the various components of load. 10+5
- Or,*
- Explain the terms 'Load' and 'Load Dynamics' in detail. Write a note on Technical and Tactical Training. 10+5
4. Write short notes on following (*any two*): 7½×2
- (a) Aim and Objectives of Competition Period
 - (b) Periodisation
 - (c) Phases of Sports Training
 - (d) Flexibility Development Exercises.
5. Answer the MCQs by choosing the right option from the following and writing it on your answer script (*any ten*): 1×10
- (a) An efficient coach is a person who
 - (i) only instructs.
 - (ii) instructs and demonstrates.
 - (iii) instructs, demonstrates and explains.
 - (iv) instructs, demonstrates, explains and inspires.

Please Turn Over

- (b) Which of the following does not find a place in the principles of sports training?
- (i) Economy of movement
 - (ii) Progression of load
 - (iii) Cyclicity of training
 - (iv) Continuity of training.
- (c) The ability to overcome resistance is called
- (i) Dynamic strength
 - (ii) Static strength
 - (iii) Relative strength
 - (iv) Strength endurance.
- (d) The range of motion through a joint is known as
- (i) Stretching
 - (ii) Flexibility
 - (iii) Agility
 - (iv) Balance.
- (e) Basic principle of Fartlek training is
- (i) Variation in space
 - (ii) Variation in pace
 - (iii) Variation in duration
 - (iv) Variation in place.
- (f) Micro cycle of Periodisation involves training for
- (i) 1 week
 - (ii) 6-8 weeks
 - (iii) 8-10 weeks
 - (iv) 1-2 weeks.
- (g) Main consideration for effective Periodisation should be
- (i) base creation.
 - (ii) achievement of top form.
 - (iii) skill development.
 - (iv) development of tactical ability.
- (h) In selecting talent, the most important factor to be considered is
- (i) training state of the athlete.
 - (ii) health of the athlete.
 - (iii) interest and attitude of the athlete.
 - (iv) All of the above

- (i) Transition period of Periodisation aims at
 - (i) stabilization of performance.
 - (ii) super compensation.
 - (iii) recreation of the athlete.
 - (iv) recovery from competition.
 - (j) Largest part of Periodisation is
 - (i) Preparation Period
 - (ii) Pre-competition Period
 - (iii) Competition Period
 - (iv) Transition Period.
 - (k) Progression of load in training means
 - (i) increase in volume.
 - (ii) increase in intensity.
 - (iii) increase in both volume and intensity.
 - (iv) improvement in technique.
 - (l) A tactical component of Sports Training is
 - (i) Planning
 - (ii) Learning
 - (iii) Following rules
 - (iv) Motivation.
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