

2023

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. What are basic difference between sports training and sports coaching? Discuss the principles of Sports training. 7+8

*Or,*

Define and differentiate between Technique and Tactics. Explain the principles of tactical preparation. 8+7

2. Define Speed. Write name of five speed abilities. What are the factors that determine speed? 3+5+7

*Or,*

What is Endurance? What are the types of endurance? Which factors determine endurance? Discuss Fartlek training method. 3+3+5+4

3. Explain the concept of optimum load and crest load. Write principles of Load. What is super compensation? 5+5+5

*Or,*

What is training load? Write difference between intensive and extensive training load. What are the various symptoms of overload? 3+6+6

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

- (a) Flexibility and sports performance
- (b) Different cycles of periodization
- (c) Sports training for basic performance
- (d) Role of coordinative ability in high performance.

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

- (a) Isokinetic method of training was introduced by
  - (i) G. D. Sondhi
  - (ii) J. J. Perrine
  - (iii) Aristotle
  - (iv) Hippocrates.

Please Turn Over

- (b) Adaptation to training load at high altitudes is known as
- (i) Thermoregulation
  - (ii) Super compensation
  - (iii) Acclimatization
  - (iv) Height compensation.
- (c) 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.
- (d) 'Active flexibility' refers to
- (i) Muscular stretch without assistance
  - (ii) Muscular stretch with assistance
  - (iii) Stretching at maximum range
  - (iv) None of these.
- (e) In selecting talent, the most important factor to be considered is
- (i) Training state
  - (ii) Health
  - (iii) Interest and attitude
  - (iv) All of these.
- (f) Who invented circuit training?
- (i) Morgan and Adamson
  - (ii) Aristotle
  - (iii) Herbert Spencer
  - (iv) C. A. Bucher.
- (g) The duration of a meso-cycle is
- (i) 5 to 10 days
  - (ii) 4 to 6 weeks
  - (iii) 4 to 6 months
  - (iv) 1 to 2 years.
- (h) Best method to develop flexibility is
- (i) Ballistic method
  - (ii) Slow method
  - (iii) Slow stretching and holding method
  - (iv) Relaxation method.
- (i) Sprinting speed is best developed through
- (i) Interval training
  - (ii) Weight training
  - (iii) Ins and outs
  - (iv) Continuous running.
- (j) An efficient coach is he who
- (i) Tells
  - (ii) Tells and demonstrates
  - (iii) Tells, demonstrates and explains
  - (iv) Tells, demonstrates, explains and inspires.

- (k) Tactical training is done
- (i) After skills are mastered
  - (ii) Before skills are mastered
  - (iii) Both tactical training and technical training are done side by side
  - (iv) All of the above.
- (l) Overload in sports training occurs when
- (i) oxygen intake is adequate to supply the need of the body.
  - (ii) the oxygen supplying mechanisms are not able to increase oxygen intake.
  - (iii) the intake of oxygen is insufficient to meet the demand.
  - (iv) the supply of oxygen is more than required.
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