

2025

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? Write aim of sports training. Write objectives of sports training. 3+4+8
Or
 Write essential qualifications of a good sports trainer. Discuss the duties of a sports trainer. 7+8
2. What is strength endurance? Write factors associated with strength endurance. Discuss various exercises for development of the strength endurance. 3+5+7
Or
 What is cardiovascular endurance? Write factors linked with cardiovascular endurance. Discuss various exercises for development of the cardiovascular endurance. 3+5+7
3. Define training load. Write symptoms of over training. Discuss the steps to be taken to overcome the effect of overtraining. 3+5+7
Or
 What is meant by tactical training? Write the importance of tactical training. Explain the methods of tactical training for football competition. 3+5+7
4. Write notes on **any two** of the following : 7½×2
 (a) Mesocycle of Periodization
 (b) Role of flexibility in high performance
 (c) Objectives of Periodization
 (d) Meaning of basic performance and good performance.
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) The ability to move from one point to another in the shortest period of time is called
 (i) Power (ii) Agility
 (iii) Speed (iv) Balance.

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- (b) The systematic planning of physical training to develop cardiorespiratory fitness is called
- (i) Anarobic training
 - (ii) Aerobic training
 - (iii) Plalometric training
 - (iv) All of these.
- (c) The principle of training method to avoid psychological and physical boredom so that a plateau is not reached during a training session is called
- (i) Generalization before specialization
 - (ii) Duration
 - (iii) Variety
 - (iv) Specificity.
- (d) Which of the following is not a principle of sports training?
- (i) Principle of specificity
 - (ii) Principle of overload
 - (iii) Principle of continuity
 - (iv) None of these.
- (e) The systematic planning of athletic or physical training is called
- (i) Periodization
 - (ii) Specificity
 - (iii) Frequency
 - (iv) Variance.
- (f) The longest period of a Periodization is :
- (i) Competition phase
 - (ii) Preparatory phase
 - (iii) Transition phase
 - (iv) None of these.
- (g) The best way to prevent sports injuries is :
- (i) Good warming up and stretching before competition
 - (ii) Stay calm
 - (iii) Not to put too much effort
 - (iv) Not to play at all.
- (h) Which kind of strength would you use to put the Shot?
- (i) Strength Endurance
 - (ii) Explosive Strength
 - (iii) Maximum Strength
 - (iv) Speed Strength.
- (i) The training method in which there will be no variation in pace is
- (i) Fartlek Method
 - (ii) Continuous Method
 - (iii) Interval Method
 - (iv) None of these.
- (j) The event 400 m sprint comes under
- (i) Speed Endurance
 - (ii) Short Endurance
 - (iii) Medium Endurance
 - (iv) Long Endurance.

- (k) Which of the following type of flexibility exercise is not recommended?
- (i) Active
 - (ii) Passive
 - (iii) Ballistic
 - (iv) Stretch.
- (l) The Circuit Training method used for training athletes was designed by
- (i) Adamson and Morgan
 - (ii) Morgan and Morgan
 - (iii) Adamson and Adamson
 - (iv) None of these.
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