

2024

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 Coaching? Differentiate between Sports Training and Sports Coaching. Discuss objectives of Sports Training. 3+4+8

Or,

Explain principles of Sports Training. Differentiate between Tactics and Strategy. Discuss components of Motor Fitness. 5+4+6

2. What is muscular strength? Write the difference between Explosive Strength and Maximum Strength. Discuss various exercises for development of Explosive Strength and Maximum Strength. 3+4+8

Or,

What is Speed? Write different factors of Speed. How can speed be developed through training? 3+4+8

3. Define load and write different components of load. Write the difference between optimum load and crest load. Discuss the principles of load. (2+3)+4+6

Or,

What is technical training? What are the methods of technical training? How technical training differs from tactical training? 4+5+6

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

- (a) Micro cycle and Macro cycle of periodization
- (b) Single and multiple periodization
- (c) Basic performance and high performance system of sports training
- (d) Steps of talent identification.

5. Answer the following MCQs by choosing the correct option from those given below and write the answer on your answer script (*any ten*) : 1×10

- (a) In isometric exercise, the length of muscles :

- (i) remains unchanged
- (ii) shorten
- (iii) lengthens
- (iv) none of these.

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- (b) 'Cybex' machine is based on the principle of
- (i) Isometric contraction
 - (ii) Isotonic contraction
 - (iii) Isokinetic contraction
 - (iv) None of these.
- (c) Pushing against the stationary rigid wall is an example of
- (i) Eccentric exercise
 - (ii) Isometric exercise
 - (iii) Isotonic exercise
 - (iv) Isokinetic exercise.
- (d) 'Super-compensation' occurs due to
- (i) Fatigue
 - (ii) Second wind
 - (iii) Adaptation to load
 - (iv) Oxygen debt.
- (e) Adaptation to training load at high altitudes is known as
- (i) Thermoregulation
 - (ii) Super compensation
 - (iii) Acclimatization
 - (iv) None of these.
- (f) Aerobic fitness is best achieved through
- (i) Plyometric training
 - (ii) Circuit training
 - (iii) Short sprints
 - (iv) Long distance running.
- (g) Leg Explosive strength can be best improved by
- (i) High jumps
 - (ii) Depth jumps
 - (iii) Push ups
 - (iv) Chin ups.
- (h) One of the following training principles which states that 'there is a need to work the body hard so that there is some stress and discomfort' is
- (i) Progression
 - (ii) Reversibility
 - (iii) Overload
 - (iv) Specificity.
- (i) Training at an appropriate intensity and gradually increasing the amount of load placed on the body is called
- (i) Progressive Overload
 - (ii) Adaptation
 - (iii) Intensity
 - (iv) Type of exercise.
- (j) The load parameters imposed for developing the maximum strength is
- I. load should be high
 - II. load should be medium
 - III. rest interval should be high
 - IV. rest interval should be low.
- Find the correct combination from the following
- (i) I and IV
 - (ii) I and III
 - (iii) II and III
 - (iv) II and IV.

(k) Aim of sports training is

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| (i) Improvement of physical fitness. | (ii) Improvement of technical skills. |
| (iii) Improvement of sports performance | (iv) All of these. |

(l) Load intensity can be judged by

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| (i) Muscle volume | (ii) Heart rate |
| (iii) Sweating | (iv) None of these. |
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