

# KAMARAJ COLLEGE (Autonomous)

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(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

(3 Pages)

Reg. No:.....

Question Code: 26E02909

Course Code : 24UMPE41

UG Degree - End Semester Examinations, April 2026

Fourth Semester

B.Sc., PHYSICAL EDUCATION

Principles of Sports Training

(For those who joined in July 2024 onwards)

Time : 3Hours

Maximum : 75 Marks

## PART - A (10 × 1 = 10 Marks)

Answer ALL Questions

Choose the correct answer :

CO:1 1. Sports Training mainly aims at

- K:1
- |                                |                   |
|--------------------------------|-------------------|
| (a) Recreation                 | (b) Entertainment |
| (c) Improvement of performance | (d) Leisure       |

CO:1 2. The systematic preparation of an athlete is called

- K:1
- |              |               |
|--------------|---------------|
| (a) Coaching | (b) Training  |
| (c) Teaching | (d) Education |

CO:3 3. Intensity refers to

- K:2
- |                          |                           |
|--------------------------|---------------------------|
| (a) Duration of Training | (b) Frequency of Training |
| (c) Degree of Effort     | (d) Rest Period           |

CO:3 4. Which is a factor of Training Load?

- K:1
- |            |            |
|------------|------------|
| (a) Volume | (b) Skill  |
| (c) Age    | (d) Talent |

CO:2 5. Strength is classified under

- K:1
- |                |                     |
|----------------|---------------------|
| (a) Technique  | (b) Tactics         |
| (c) Psychology | (d) Motor Qualities |

CO:2 6. Speed training mainly improves

- K:2
- |                 |                                |
|-----------------|--------------------------------|
| (a) Flexibility | (b) Reaction and Movement Time |
| (c) Balance     | (d) Coordination               |

- CO:4 7. Periodization is related to  
K:1 (a) Nutrition (b) Training Plan  
(c) Psychology (d) Officiating
- CO:4 8. Preparatory Period is meant for  
K:2 (a) Competition (b) Rest  
(c) Fitness development (d) Evaluation
- CO:5 9. Technique refers to  
K:1 (a) Strategy (b) Skill Execution  
(c) Planning (d) Recovery
- CO:5 10. Tactical preparation is mainly concerned with  
K:2 (a) Fitness (b) Technique  
(c) Game Strategy (d) Flexibility

**PART - B (5 X 5 = 25 Marks)**

**Answer ALL Questions choosing either (a) or (b).**

**Answer should not exceed 250 words.**

- CO:1 11. (a) Explain the meaning and definition of Sports Training.  
K:3  
**(OR)**  
(b) Discuss the Principle of Continuity in detail.
- CO:3 12. (a) Explain the factors of Training Load.  
K:3  
**(OR)**  
(b) Describe the relationship between Load and Adaptation.
- CO:2 13. (a) Explain the methods to improve Strength.  
K:3  
**(OR)**  
(b) Describe the means and methods to improve Endurance.
- CO:4 14. (a) Explain the types of Periodization.  
K:3  
**(OR)**  
(b) Describe the stages of Periodization.
- CO:5 15. (a) Explain the Aims of Technique preparation in Sports.  
K:3  
**(OR)**  
(b) Describe the methods of Tactical development.

**PART - C (5 X 8 = 40 Marks)**

**Answer ALL Questions choosing either (a) or (b).**

**Answer should not exceed 500 words.**

CO:1 16. (a) Elaborately explain the Principles of Sports Training with  
K:5 suitable examples.

**(OR)**

(b) Evaluate the importance of Sports Training for High Performance.

CO:3 17. (a) Discuss in detail the concept of Training Load and Recovery.  
K:5

**(OR)**

(b) Analyse the effects of Overloading in Sports Training.

CO:2 18. (a) Explain in detail the Training of Motor Qualities.  
K:5

**(OR)**

(b) Compare the methods of Training Strength, Speed and Endurance.

CO:4 19. (a) Explain the Training Plan and Cyclic process of Training.  
K:6

**(OR)**

(b) Design a Short-term Training Plan for a Team Game.

CO:5 20. (a) Discuss the stages of Technique development in Sports.  
K:5

**(OR)**

(b) Prepare a Tactical Plan for a Competitive Sports.