

(6 pages)

Reg. No. :

Code No. : 20517 E Sub. Code : EMPE 42

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2025.

Fourth Semester

Physical Education – Core

PRINCIPLES OF SPORTS TRAINING

(For those who joined in July 2023 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. The main aim of sports training is to prepare a
(a) Coach (b) Doctor
(c) Sportsman (d) Official
2. Personality of sportsman is observed in the form of
(a) Trill (b) Style
(c) Position (d) Habit

3. Training load is a broad term that describes the type, volume, and intensity of
(a) Physical activity (b) Ground
(c) Field (d) Court
4. It is the total amount of work done during a training session or over a period of time
(a) Training time (b) Training date
(c) Training volume (d) Match
5. A motor skill is a function that involves specific
(a) Team (b) Player
(c) Coach (d) Movements
6. It is a motor quality that describes the ability to sustain physical activity for a long time
(a) Strength (b) Endurance
(c) Speed (d) Flexibility
7. A structured program that splits training into phases, or periods, to build fitness
(a) Periodization (b) Match
(c) Tournament (d) Competition

8. The main objective is to prepare athletes for competition
- (a) Training period
 - (b) Selection period
 - (c) Competition period
 - (d) Rest period
9. The development of sports first stage is called
- (a) Final stage (b) Old stage
 - (c) Normal stage (d) Initiation Stage
10. Drilling exercises, video analysis, demonstration by a coach, progressive overload, repetition training, breakdown drills, individualized coaching, plyometric training, etc is
- (a) Methods for developing Institution
 - (b) Methods for developing gym
 - (c) Methods for developing Study's
 - (d) Methods for developing sports

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Give the Definition of the Sports-Specific Training.
- Or
- (b) Define the Physical Fitness Components.
12. (a) Define the factors of training load.
- Or
- (b) Define how you Monitoring Training Load to Understand Fatigue in Athletes.
13. (a) What are the key characteristics of strength training?
- Or
- (b) Endurance is the most important motor ability Explain it.
14. (a) Define why is sports training is more important?
- Or
- (b) Define long-term plan in sports.

15. (a) What is the definition of technique in sports?

Or

(b) Define the stages of development in sport.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the methods of training.

Or

(b) Describe the Principles of sports training.

17. (a) Describe the types of training load.

Or

(b) Write down the Definition and Importance of Training Volume.

18. (a) Explain the characteristics of motor skill learning.

Or

(b) Describe the main types of strength training.

19. (a) Explain the three phases of periodization training.

Or

(b) Explain Macro cycles, Meso cycles and Micro cycles.

20. (a) Explain the Stages of Technical Preparation in sports.

Or

(b) Describe the Method of tactical training of playing sports.