

T.Y. B.P.E. (Bachelor of Physical Education) : WINTER - 2017

SUBJECT : BASICS OF SPORTS TRAINING

Day : Wednesday
Date : 11/10/2017

W-2017-0503

Time : 10.00 AM TO 01.00 PM
Max. Marks : 75

N.B.:

- 1) **Q.No.7** is **COMPULSORY**
 - 2) Attempt **ANY FOUR** questions.
 - 3) Figures to the right indicate **FULL** marks.
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Q.1 What is training load? Explain the types of training load. [15]

OR

Define strength. Explain the factors determining strength.

Q.2 Define technique and skill. Explain the methods of technique training. [15]

OR

How to tackle over load?

Q.3 Explain the concept of speed fundamental factors. [[15]

OR

What are the factors determining endurance?

Q.4 What is the process of skill learning? [15]

OR

Explain the method of tactical training.

Q.5 Write the concept of basic plan. [15]

OR

Explain the methods of teaching training.

Q.6 Explain the periods of training years. [15]

OR

Write the importance of Periodization.

Q.7 Write short notes on **ANY THREE** of the following: [15]

- a) Factors determining Speed
- b) Characteristics of Training
- c) Meaning of Coaching
- d) Principle of Intensity
- e) Meaning of Acceleration Speed

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