

Chapter-11

Training in Sports

ASSIGNMENT 1

1 MARKS EACH

- Q1. What do you mean by coupling ability?
- Q2 What is explosive strength?
- Q3 Enlist the types of components of physical fitness?
- Q4 In which year the Iso-kinetic exercises were developed and by whom?
- Q5 What is locomotor ability?
- Q6 What do you mean by "Speed Play" method?
- Q7 What are pace races?

2 MARKS EACH

- Q1 What do you mean by short term and long term endurance?
- Q2 State continuous training method in brief?
- Q3 Distinguish between Acceleration Run and Pace Run in brief?
- Q4 Briefly explain the guidelines to develop flexibility?
- Q5 Explain the procedure of PNF technique?

3 MARKS EACH

- Q1 Discuss any three types of coordinative abilities?
- Q2 Discuss the method to develop endurance "which is base on the principle of effort recovery and effort again"?
- Q3 Explain Ballistic stretch and Static stretch of flexibility?

5 MARKS EACH

- Q1 Define strength and discuss the method of improving strength in details?
- Q2 Enlist the method of training to develop physical fitness and explain any two of them in details?