

CS/BSM/SEM-3/BSM-304/2012-13

2012

SPORTS TRAINING AND CONDITIONING

Time Allotted : 3 Hours

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.*

GROUP – A

(Multiple Choice Type Questions)

1. Choose the correct alternatives for the following :

10X1 = 10

i) Over load in training & conditioning depend on

a) Intensity & duration of training

b) Continuous training

c) Interval training

d) Intensity of training.

ii) Vitally responsible for effective respiration is

a) Heart b) Lung

c) Stomach d) Nose.

iii) Cardio respiratory fitness means

a) Anaerobic fitness b) Co-ordinating fitness

c) Aerobic fitness d) Mental fitness.

iv) 'Obesity' results in

a) insomnia

b) slow movement

c) over eating factor

d) complex disease and its treatments are also
complex.

v) Warm-up means

- a) low intensity sports activity prior to full effort
- b) low intensity sports activity done after full effort
- c) high intensity sports activity done after full effort
- d) high intensity sports activity done before full effort.

vi) 'Strength' signifies

- a) Physically powerful
- b) Mentally, Physically and emotionally strong
- c) Mentally mighty
- d) Emotionally efficient.

vii) 'Stability' signify the state of being

- a) firm b) stable
- c) finally fixed d) stationary.

viii) FITT in order is

- a) Fast, Intensity, Time & Type
- b) Frequency, Intensity, Type & Time
- c) Force, Intensity, Time & Type
- d) Frequency, Intensity, Time & Type.

ix) 'Plateau' in sports training signify period of

- a) little or no change on progress of physical activity
- b) descending order in physical activity
- c) ascending order in physical activity
- d) complete change on progress of physical activity.

x) Function of Oxygen in human body is

- a) not carried in blood with Haemoglobin
- b) carried in blood either in plasma or combine with Haemoglobin
- c) carried in blood through plasma only

d) carried in blood through Haemoglobin.

GROUP – B

(Short Answer Type Questions)

Write short notes on any *three* of the following.

3X5 = 15

2. Catastrophic injuries.
3. Off-season training and its main object.
4. Obesity.
5. Fractures.

GROUP – C

(Long Answer Type Questions)

Answer any *three* of the following. 3X15 = 45

6. State the concept of physiological adaptation training.
7. Write the purpose of sports strength & conditioning.
8. How to improve national team to international standard ?
9. Write about object of sports training & conditioning to students studying under WBUT.