

## Unit-10

# Training In Sports

## 1-Mark Questions-(Objective/Subjective)

- Natalie has decided to take up cross country running. Which type of training would be most suitable for this activity.  
a. circuit training.    b. weight training.    c. continuous training.    d. flexibility training
- Who first developed iso-metric exercise?  
a. Delone    b. Hettinger muller    c. Perrine    d. none of the above.
- Usually, players develop strength through  
a. Iso metric.    b. Isotonic    c. Isokinetic    d. All of the above.
- The disadvantage of iso-tonic exercise is  
a. May cause injury.    b. raises blood pressure    c. develops over muscles    d. lean muscles
- In pace run method  
a. running short distances with speed.    b. running fast for long-distance  
c. shuttle run    d. all the above.
- The best training method for developing endurance is  
a. continuous training.    b. Interval training    c. fartlek training    d. circuit training.
- The acceleration run method involves  
a. running short distances with a top speed.    b. running fast for long-distance  
c. shuttle run    d. all of the above.
- In the ballistic training method, the athlete performs flexibility activity in  
a. static    b. motion    c. with partner    d. Natural environment.
- Coordinative ability can be developed through  
a. Adaptive agility.    b. Balance exercise.    c. Rhythmic exercise.    d. combination exercise
- Standing like a Flamingo is an example of  
a. Isokinetic.    b. Isotonic.    c. Strength.    d. Isometric.
- Throwing shotput needs  
a. Explosive strength    b. Strength endurance.    c. relative strength.    d. static strength
- fartlek training was developed in  
a. Sweden    b. USA    c. India    d. Kenya
- ..... is the ability of a player to move physical organs to perform?  
a. Coupling ability    b. Orientation ability    c. Differential ability    d. Reaction ability.
- Which type of exercise was developed by Perrine?  
a. Isotonic    b. Isometric    c. Isokinetic    d. Ballistic.
- Name of the ability which helps to overcome the resistance with speed is known as  
(a) Maximum strength (b) Explosive strength (c) strength endurance (d) static strength
- Which is not the training method to develop Endurance.  
(a) Fartlek method.    (b) Post isometric stretch method.  
(c) Continuous method.    (d) Interval method.
- Which is not the type of speed ability  
(a) Reaction speed    (b) Movement speed    (c) Speed Endurance    (d) Speed Play

18. The ability is helpful to Maintain max speed for a long time.  
(a) Reaction speed (b) Locomotors speed (c) Speed Endurance (d) Movement speed
19. Which is not the method to improve flexibility?  
(a) Ballistic method (b) Slow stretch and hold method  
(c) Post Isometric stretch method (d) Slow continuous method
20. Ability help to make harmony among the different body parts & than related movements  
(a) Reaction Ability (b) Adaptation ability  
(c) Differentiation ability (d) Balance ability
21. An ability which helps to change on the spot, Pre-decided movement.  
(a) Differentiation ability (b) Coupling ability (c) Rhythm ability (d) Adaptation ability
22. Recovery time between two stations in circuit training will be  
(a) 3 sec (b) Incomplete (c) 5 sec (d) 8 sec
23. The treadmill is the best example of developing which strength.
24. What is the aim of sports training?
25. What is endurance?
26. Which method will you suggest to develop endurance?
27. What is strength?
28. Mention different types of worming-up.
29. Define interval training.
30. Define Continuous method of training.
31. What is Circuit training?
32. Enlist upper body circuit training exercises.
33. What is isokinetic exercise?
34. Differentiate between aerobic and anaerobic activities.
35. What is flexibility?
36. What are the advantages of the Fartlek Training Programme?

### 3-Mark Questions

37. Discuss maximum & explosive strength.
38. Differentiate between basic & general endurance.
39. What do you mean by short term and long-term endurance?
40. Discuss the reaction ability & balance ability.
41. State the difference between acceleration ability and locomotor ability.
42. State any one method to develop speed.
43. Briefly explain active and passive flexibility.
44. Discuss any three types of coordinative ability.

### 5-Mark Questions

45. Define strength and discuss the methods of improving strength in detail.
46. Define endurance and discuss any two methods of improving endurance.
47. Differentiate between 1:1 and 1:2 ratio interval training, with a suitable example.
48. write a detailed note on circuit training.

49. Mention any two importance of circuit training. Draw a diagram of 12 stations to improve general fitness. How can the load be increased in circuit training?

