

**AJ-1612**  
**B.P.E.D. Part-II (II Year)**  
**Term End Examination, 2021-22**  
**SPORTS TRAINING**  
**(Paper-III)**

Time : 3 hours]

[Maximum Marks : 75

नोट— किसी पाँच प्रश्नों के उत्तर दीजिए। सभी प्रश्नों के अंक समान हैं।

Note : Answer any five questions. All questions carry equal marks.

1. खेल प्रशिक्षण को परिभाषित कीजिए तथा खेल प्रशिक्षण के उद्देश्यों की व्याख्या कीजिए।  
Define sports training and explain objectives of sports training.
2. खेलों में एक एथलीट के लिए खेल प्रशिक्षण के विभिन्न महत्वों का वर्णन कीजिए।  
Explain different importance of sports training for an athletes in sports and games.
3. विस्फोटक शक्ति क्या है ? शक्ति विकास के विभिन्न तरीकों का वर्णन करें।  
Define explosive strength. Explain the different methods of strength development.
4. सहनशक्ति के विभिन्न रूपों को परिभाषित कीजिए और सहनशक्ति के विकास के लिए इसकी विभिन्न विधियों की व्याख्या कीजिए।  
Define different forms of endurance and explain its different methods for the development of endurance.
5. खेल रणनीति को परिभाषित करें। रणनीति प्रशिक्षण के विभिन्न तरीकों की व्याख्या करें।  
Define sports tactics. Explain different methods of tactics training.
6. तकनीकी प्रशिक्षण को परिभाषित कीजिए। तकनीकी प्रशिक्षण के विकास के तरीकों की व्याख्या कीजिए।  
Define technical training. Explain methods of development of technical training.
7. सर्किट प्रशिक्षण क्या है ? शॉट पुट एथलीटों के लिए एक सर्किट प्रशिक्षण कार्यक्रम का डिजाइन और वर्णन कीजिए।  
What is circuit training ? Design and describe a circuit training program for shot put athletes.
8. मेसोसायकल क्या है ? 400 मीटर दौड़ के कुलीन एथलीट के लिए 5 सप्ताह की प्रशिक्षण योजना तैयार कीजिए।  
What is Mesocycle ? Design a 5 week training plan for an elite athlete of 400 metre race.
9. गति को परिभाषित कीजिए और गति के विभिन्न रूपों के विकास में विभिन्न प्रशिक्षण विधियों की व्याख्या कीजिए।  
Define speed and explain different training methods of development of different forms of speed.
10. आवर्तकाल में विभिन्न चक्रों में आयतन और तीव्रता के साथ कैसे भिन्न होते हैं ?  
How do vary with volume and intensity in the different cycles in periodization ?

# Multiplechoice Question Towards Physical Education

**Jayne Debra Greenberg, Nichole D.  
Calkins, Lisa S. Spinosa**



**Multiplechoice Question Towards Physical Education:**

Multblechoice Qustion To Wards Physical Education: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Multblechoice Qustion To Wards Physical Education : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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