

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 ?

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Table of Contents Multblechoice Qustion To Wards Physical Education

1. Understanding the eBook Multblechoice Qustion To Wards Physical Education
 - The Rise of Digital Reading Multblechoice Qustion To Wards Physical Education
 - Advantages of eBooks Over Traditional Books
2. Identifying Multblechoice Qustion To Wards Physical Education
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Multblechoice Qustion To Wards Physical Education
 - User-Friendly Interface
4. Exploring eBook Recommendations from Multblechoice Qustion To Wards Physical Education
 - Personalized Recommendations
 - Multblechoice Qustion To Wards Physical Education User Reviews and Ratings
 - Multblechoice Qustion To Wards Physical Education and Bestseller Lists
5. Accessing Multblechoice Qustion To Wards Physical Education Free and Paid eBooks

- Multblechoice Qustion To Wards Physical Education Public Domain eBooks
 - Multblechoice Qustion To Wards Physical Education eBook Subscription Services
 - Multblechoice Qustion To Wards Physical Education Budget-Friendly Options
6. Navigating Multblechoice Qustion To Wards Physical Education eBook Formats
 - ePub, PDF, MOBI, and More
 - Multblechoice Qustion To Wards Physical Education Compatibility with Devices
 - Multblechoice Qustion To Wards Physical Education Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Multblechoice Qustion To Wards Physical Education
 - Highlighting and Note-Taking Multblechoice Qustion To Wards Physical Education
 - Interactive Elements Multblechoice Qustion To Wards Physical Education
 8. Staying Engaged with Multblechoice Qustion To Wards Physical Education
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Multblechoice Qustion To Wards Physical Education
 9. Balancing eBooks and Physical Books Multblechoice Qustion To Wards Physical Education
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Multblechoice Qustion To Wards Physical Education
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Multblechoice Qustion To Wards Physical Education
 - Setting Reading Goals Multblechoice Qustion To Wards Physical Education
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Multblechoice Qustion To Wards Physical Education
 - Fact-Checking eBook Content of Multblechoice Qustion To Wards Physical Education
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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