Paper Code : 8201

B P ED Sem – IV
MAR/JUN – 2021
Sports Training

કુલ સમય : ૬૦ મીનીટ | કુલ પ્રશ્નો : ૫૦ | વિદ્યાર્થીએ ટીક કરવાના પ્રશ્નો : ૩૫

નોંધ : વિદ્યાર્થીએ માત્ર ૩૫ પ્રશ્નો જ ટીક કરવાના રહેશે. જો વધારે ટીક કરેલ હશે તો પ્રથમ ૩૫ પ્રશ્નો જ ગણતરીમાં લેવામાં આવશે.

(ENGLISH VERSION)

1 _____ is a strength to act effectively as per the signals
A Endurance **B** Reaction Power **C** Acceleration Power **D** above all

2 Which force is more needed to improve speed?
A Relative Strength **B** Maximum Strength **C** Explosive Strength **D** above all

3 How many types of method are there for speed development?
A Five **B** Four **C** Three **D** Seven

4 What is the measure of oxygen used by muscles in One Minute ?
A Aerobic Strength **B** Anaerobic Strength **C** A & B Both **D** None of Above

5 Which force works in the absence of oxygen?
A Aerobic Strength **B** Anaerobic Strength **C** A & B both **D** above all

6 Fartlek is a word of which language?
A Greek **B** Latin **C** Swedish **D** Roman

7 Types of Flexibility
A Five **B** Four **C** Three **D** Two

8 Which of the following game require more flexibility?
A Kabaddi **B** Gymnastics **C** Badminton **D** Tug of War

9 Which motor ability is required for maximum performance in the game of kabaddi?
A Endurance **B** Flexibility **C** Strength **D** Speed

10 Which training is more effective for preparing a runner?
A Pressure Training **B** Interval Training **C** Fartlek Training **D** Circuit Training

11 The potential for motion of highly vast area is _____.
A Strength **B** Speed **C** Endurance **D** Flexibility

12 The Founder of Pressure Training is _____.
A Winter Bottom **B** Galon **C** Aristotle **D** G T Adams

13 The Muscle fibers which takes much time in contraction _____
A White Fibers **B** Red Fibers **C** A & B Both **D** No one above

14 The Circuit training was founded by _____.
A DrHardayal Singh **B** H.C. Buck **C** C. A. Bucher **D** R. I. Morgan

15 What did developed by more load & less repetition?
A Endurance **B** Strength **C** Speed **D** Coordination

16 The efficiency to overcome resistance is called _____.
A Dynamic Strength **B** Static Strength **C** Strength Endurance **D** Related Strength

17 Which matter include within the load?
A Intensity **B** Volume **C** Frequency **D** above all

18 The law of motion was founded by _____.
A Newton **B** Galileo **C** Skinner **D** Mac Duggal

19 The Second law of Newton is _____.
A law of Inertia **B** law of Acceleration **C** law of Equilibrium **D** law of Gravity

20 Works similar and Opposite Direction from each other
A law of Gravity **B** law of Friction **C** law of Action Reaction **D** law of Equilibrium

21 This force works from Top to Down
A law of Friction **B** Law of Magnetic Force **C** Force of Gravity **D** Centripetal Force

22 _____training is meaningful for development of strength.
A Circuit Training **B** Weight Training **C** Pressure Training **D** Isometric Training

23 Newton's first law is _____.
A law of Action Reaction **B** law of Acceleration **C** law of Inertia **D** No one above

24 Force is created by contraction of _____.
A Bone **B** Muscles **C** Lungs **D** Stomach

25 Factors responsible for maintaining balance?
A Force **B** Speed **C** Centre of Gravity **D** Flexibility

26 The harmful exercise for the body is _____.
A Neck Rotation **B** Shoulder Rotation **C** Knee Rotation **D** Ankle Rotation

27 Landing in high jump on back _____.
A Straddle **B** Western Role **C** Eastern Cut -off **D** Fosbury Flop

28 Obesity develops because of _____.
A more Protein **B** more Carbohydrate **C** more Vitamins **D** more Facts

29 Motor Skill learned by _____.
A Imitation **B** Practice **C** Observation **D** memorization

30 The credit to start pressure training goes to England Football Coach Winter Bottom.
A TRUE **B** FALSE **C** Partially True **D** Partially False

31 Interval Training used for the development of _____
A Flexibility **B** Agility **C** Explosive Strength **D** ndurance

32 The ability to carry out daily task without undue fatigue is a measure of _____.
A Health **B** Wellness **C** Physical Fitness **D** Personality

33 Internal Load is judged by _____
A Load Volume **B** Pulse Rate **C** Load Intensity **D** above all

34 Force developed due to muscle contraction depends on _____.
A Nature of Muscle Fiber **B** Length of Muscle Fiber
C Place of Muscle Fiber **D** Cross-Sectional Area of Muscle

35 A Sport Training is depends on _____.
A Scientific Principles **B** Adaptation **C** Load **D** Frequency

36 _____ is physical and psychological process.
A Sports Training **B** Sports Achievements **C** Tactics **D** above all

37 What is the combination of force and speed from the below?
A Explosive Strength **B** Friction **C** Static Strength **D** Centrifugal Force

38 How many types of tendons are there in muscles?
A Two **B** Three **C** Four **D** Numerous

39 Types of Force are _____
A Four **B** Five **C** Six **D** Seven

40 Which is the outcome of the ratio of the Maximum Strength & Body Weight?
A Explosive Strength **B** Related Strength **C** Dynamic Strength **D** None of Above

41 Five Rings on the Olympic flag depicts _____
A Five Oceans **B** Five Rivers **C** Five Continents **D** Five Mountains

42 Acceleration means _____.
A Average Velocity **B** Change in Velocity **C** No Change in Velocity **D** Mean Velocity

43 Caloric Value of daily food requirements for sportsman is _____
A 2500-3000 Calories **B** 2000-2500 Calories **C** 3000-3500 Calories **D** 4000-4500 Calories

44 The main purpose of weight training is to develop _____
A Speed **B** Strength **C** Flexibility **D** Agility

45 Height is measured by _____
A Flexometer **B** Stadiometer **C** Goniometer **D** Skin Fold Caliper

46 Which of the following is the first step in a sport program
A Staffing **B** Organizing **C** Budgeting **D** Planning

47 Free Hand Activity generally done in a group is called _____.
A Athletics **B** Gymnastics **C** Calisthenics **D** Weight Training

48 Modern Olympic Games in 1896 were organized by _____.
A Tokyo **B** Athens **C** London **D** Los Angeles

49 In nature long term training plans of sports training are By - large
A Conceptual **B** Abstraction **C** Practice Oriented **D** Competition Focused

50 Incomplete Recovery is vital in _____
A Continuous Training **B** Interval Training **C** Fartlek Training **D** Cross Country

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