

**CBSE Test Paper 04**  
**CH- 12 Training in Sports**

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1. Give two objectives of Extramural activities.
2. What is Speed Endurance?
3. What is Interval method ?
4. What is orientation ability?
5. What is combinatory ability?
6. What do you mean by the term 'training' in sports?
7. What are the methods of endurance development?
8. Explain the advantages of fartlek training.
9. What is circuit training and find out its benefits importance.
10. Draw ten stations circuit training programme for improving the jumping ability of a player.

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**Answer**

1.
  - i. To improve standard of sports.
  - ii. To provide enriching experience to students.
2. Speed endurance is the ability to perform movements with high speed under conditions of fatigue. This depends upon technique, local muscular endurance and lactic acid tolerance ability.
3. This method is very useful for the athletes of the track event. It is based on the principle of Effort and recovery
4. Orientation ability- It is the ability to determine the position of body & its parts in time & space in relation to gravity. It depends on functional capacity of sensory organs like eyes & other sense organs.
5. Combinatory ability is understood as an ability to simultaneously put partial movements together into more complex movement structures.
6. The term 'training' is a process of preparing an individual for any event or an activity or for some task. Sports training is considered a long term training programme which aims at improving the performance of a sportsman. It is a planned process by which sportsman acquire perfection. The purpose of sports training is to get peak performance at a particular time. Sports training programmes are spread over with preparation period, competition period and transitional period. Sports training refers to the total planned and systematic process of making a sportsperson capable of attaining highest sports performance and develop an all-round personality. The planning, implementation and control of training is the sole responsibility of the coach.
7. **ENDURANCE DEVELOPMENT:-**
  - a) Continuous method:-
    - i) Slow continuous method
    - ii) Fast continuous method.
  - b) Interval training method:-
    - i) Speed of work

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ii) Duration of work

c) Fartlek training method:-

i) it is flexible in nature

ii) no equipment

8. **Advantages of fartlek training** are :-

- Highly adaptable.
- It is good for increasing strength and speed.
- It is good for increasing cardio respiratory endurance.
- Several athletics can take part in the training programme at a time.
- It does not require any equipment and can be organised easily.
- Improves fast twitch and slow twitch muscle responses.
- This training method is not rigid, it is flexible in nature.
- It improves the efficiency of the heart and lungs.
- It provides experience of nature.
- Great and individual for group training

9. In this training method in which certain exercise of various kind are performed with or without apparatus with given dosage. It was developed by —Adamson and Morgan in 1957. This is considered for the development of —strength & Endurance. Circuit training method is a scientific method which is based on over coming various exercises at once. It is meant for to develop strength & endurance. It is an off-season training method. It is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit.

**Benefits of circuit training.**

- 1) It is easy and interesting method.
- 2) It requires short duration
- 3) It can be performed indoor and as well as outdoor
- 4) It involves the all organs of body
- 5) It can be easily supervised by the coach.
- 6) It provides an interesting atmosphere.

**Importance:**

1. It is the best method for beginners as it develops strength and endurance. Maximum functioning of muscles can be gained in a single circuit.

2. It gives relief from any kind of tension. The trainee gains good result in a short period. It doesn't create boredom as lot variety of exercise can be included etc.
  3. It is a workout routine that combines cardiovascular fitness and resistance training.
  4. The initial routines were arranged in a circle, alternating between different muscle groups.
  5. Circuit training plays an integral role in the offseason workouts of many professional athletes.
10. Circuit training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise 'circuit' is one completion of all prescribed exercise in the programme. When a circuit is complete, one begins the first exercise again for the new circuit. A specific circuit however, can consist of several exercises evolving the same muscle groups. An example of circuit training is given below

