

# KGUC

(NEP 2020)

Semester Exam October - 2025

Sub – Introduction to Sports Training & Tests and Measurement( Sports)

Class: SYBAF

Semester - III

Marks: 30

Time: 1 hrs.

**Q.1 Rewrite the following statements by choosing the correct alternative given below. (30)**

1. What is the primary goal of sports training?  
A) To entertain spectators  
B) To improve athletic performance  
C) To gain financial rewards  
D) To follow coaches blindly
2. Which of the following is a component of sports training?  
A) Rest and recovery  
B) Equipment sales  
C) Ticket booking  
D) Uniform design
3. Which principle emphasizes gradual increase in training load?  
A) Principle of specificity  
B) Principle of progression  
C) Principle of overload  
D) Principle of variation
4. Which of the following is a key element of sports training?  
A) Rest periods  
B) Random exercises  
C) Ignoring progression  
D) Excessive competition
5. Which principle of sports training ensures training matches the demands of the sport?  
A) Principle of overload  
B) Principle of specificity  
C) Principle of variation  
D) Principle of recovery
6. Why is the principle of recovery important in sports training?  
A) To avoid injury and allow muscle repair  
B) To prolong training time  
C) To make training harder  
D) To avoid warm-ups
7. Fartlek training is best described as:  
A) A fixed-speed continuous run  
B) A combination of fast and slow running  
C) Only resistance exercises  
D) Long-distance running
8. Which of the following is NOT a training method?  
A) Continuous training  
B) Interval training  
C) Circuit training  
D) Diet charting
9. The term 'overload' in training means:  
A) Doing less than usual  
B) Gradually increasing the training intensity  
C) Stopping after every session  
D) Reducing training frequency
10. What is the first step in designing an exercise plan?  
A) Choose exercises randomly  
B) Set specific goals  
C) Perform all exercises at once  
D) Skip warm-up
11. The primary purpose of sports measurement is to:  
A) Entertain athletes  
B) Objectively evaluate performance  
C) Sell sports equipment  
D) Create new rules

12. A good test should be:
- A) Subjective
  - B) Reliable and valid
  - C) Random and inconsistent
  - D) Based on opinion
13. What is a criterion for a good test?
- A) It should be cheap
  - B) It should measure what it claims to measure
  - C) It should have complicated procedures
  - D) It should last for hours
14. Anthropometric measurements include:
- A) Reaction time tests
  - B) Height, weight, and body composition
  - C) Mental ability tests
  - D) Speed tests
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17. Why is the principle of recovery important in sports training?
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  - B) To prolong training time
  - C) To make training harder
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18. Which type of training method is typically used to improve muscular endurance?
- A) Resistance training
  - B) Interval training
  - C) Continuous training
  - D) Flexibility exercises
19. What does the principle of variation help prevent in training?
- A) Boredom and overuse injuries
  - B) Maximum muscle gain
  - C) Increased training cost
  - D) Perfect technique
20. Which type of test measures endurance?
- A) 100m sprint
  - B) Beep Test
  - C) Flexibility test
  - D) Balance test
21. What does the term 'validity' refer to in testing?
- A) Consistency of results
  - B) Measuring exactly what is intended
  - C) Test duration
  - D) Cost of the test
22. The main method of measuring reaction time is:
- A) Stopwatch method
  - B) Ruler drop test
  - C) Balance beam test
  - D) Weightlifting
23. Which type of test is used to measure agility?
- A) Illinois Agility Test
  - B) Cooper Test
  - C) Ruler drop test
  - D) Skinfold thickness measurement
24. Reliability in testing means:
- A) The test can be repeated with consistent results
  - B) It measures something random
  - C) The test is invalid
  - D) Only experts can perform it
25. Which of the following is NOT an application of sports measurement?
- A) Monitoring progress
  - B) Talent identification
  - C) Estimating income
  - D) Performance prediction

26. What does 'criterion validity' check for?

- A) If a test compares well against an established standard
- B) The subjective opinion of the coach
- C) Test cost
- D) Test duration

27. The 'Cooper Test' measures:

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|----------------|----------------------|
| A) Speed       | B) Aerobic endurance |
| C) Flexibility | D) Strength          |

28. Which test is used for measuring flexibility?

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|-----------------------|--------------------|
| A) Sit and Reach Test | B) 50m Sprint      |
| C) Push-up Test       | D) Ruler Drop Test |

29. Explosive power is best tested by:

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|-----------------------|----------------|
| A) Vertical jump test | B) Cooper Test |
| C) Sit and Reach      | D) Beep Test   |

30. The method used to measure body composition is:

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|--------------------|--------------------------|
| A) BMI calculation | B) Skinfold caliper test |
| C) Agility test    | D) 100m Sprint           |

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