

Shyamal Mazumder

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CLASS TEST NO:- 1 (LESSON NO: 10) Time: 1 hr.
Marks: 35

- A. Answer the following questions briefly:-
- 1) Write the basic structure of skeletal muscles. 2x10=20
 - 2) How do you classify skeletal muscles?
 - 3) State four main functions of skeletal muscles.
 - 4) Write the major muscles are responsible for movement of the following body parts:-
 - i) Upper Arm.
 - ii) Lower leg
 - iii) Head
 - iv) Shoulder
 - 5) Write the name of the muscle groups are developed by the following exercises:-
 - i) Bench press.
 - ii) Pull-ups.
 - iii) Push-ups.
 - iv) Over-head (Military Press)
 - v) Barbell Curl
 - vi) Squat
 - vii) Calf Heel Raise
 - viii) Inclined Situp.

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6. What is Endurance training? What are the types of Endurance?
 7. Write the names of the training methods which are responsible for endurance development.
 8. Write the main concept of LSD training.
 9. Explain the beneficial effects of Interval training method.
 10. Write four advantages of circuit training.
- B. Answer the following Multiple Choice Question (M.C.Q):-
1 X 15 = 15
- i) Length and breadth of a standard Kho-Kho Court -----
a) 29 M X 16 M. b) 25 M X 16 M c) 29 M X 18 M
 - ii) The word ^{Lobbies} used in -----
a) Badminton b) Wrestling c) Kabaddi
 - iii) The dimensions of the free zone in Kho-Kho for Seniors -----
a) 275 cms X 16 M b) 375 cms X 16 M c) 275 cms X 15 M
 - iv) Next repetition for the runner should not be allowed until pulse rate returned to -----
a) 130 beats b) 120 beats c) 100 beats
 - v) Interval training helps to increase -----
a) blood volume b) Cardiac output
c) Stroke volume of the heart.

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- vi) An ideal circuit training programme can be organised with - - - -
- 5 to 8 stations
 - 6-10 stations
 - 6-15 stations.
- vii) Circuit training method invented by - - - -
- Dr. A.K. Uppal
 - R. E. Morgan and G. T. Adamson
 - Dr. Ernest van Aaken.
- viii) Explosive strength is the ability to overcome -
- the maximum force of the muscle.
 - a resistance with high speed contraction of the muscles.
 - individual's own body resistance.
- ix) Depth jump is a - - - -
- plyometric exercise.
 - Ballistic exercise
 - Gymnastics exercise.
- x) While doing weight training - - - -
- always extend knee and elbow joints fully.
 - always extend knee and elbow joints moderately.
 - never extend knee and elbow joints fully.
- xi) Meaning of Fartlek is - - - -
- Pleasurable play
 - Speed play
 - Strenuous Play

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- xii) Hill running helps to develop - - -
a) speed b) strength and endurance
c) strength, endurance and speed.
- xiii) In concentric contraction muscle - - -
a) shorten b) lengthen. c) maintain same position.
- xiv) Flexibility can be developed through - - -
a) Ballistic exercises. b) Medicine ball exercise
c) Resistance belt exercises.
- xv) Boomerang run helps to improve - - -
a) speed b) coordinative ability
c) speed endurance.