

Srikrishna College
Department of Physical Education
5th Semester
Internal and Practical Assessment- 2022
Course Code: DSE1
(Sports Training)

Full Marks: 30

Answer all questions:

1. What is training load? Write the types of training load. Write the characteristics of sports training.
2+3+5=10
2. Write short note on:. 5+5=10
 - a) Circuit training with diagram
 - b) Weight training
3. Write the meaning of periodisation. Discuss different types of training cycles. Write three methods of strength development. 2+5+3=10

এই **assignment** টি আগামী **13.01.2022** তারিখের মধ্যে নিম্নলিখিত mail id এ **pdf file** তৈরি করে পাঠাতে হবে:

Physicaleducation.pass@srikrishnacollegebagula.ac.in

পেপারের heading এ অবশ্যই লিখতে হবে- College name, name, department, Semester, University registration number, subject name, Admit Card roll no, session