**Training:**

**What do you mean by Training?**

* **Training** is teaching, or developing in oneself or others, any [skills](https://en.wikipedia.org/wiki/Skill) and [knowledge](https://en.wikipedia.org/wiki/Knowledge) or [fitness](https://en.wikipedia.org/wiki/Physical_fitness) that relate to specific [useful](https://en.wikipedia.org/wiki/Practicality) [competencies](https://en.wikipedia.org/wiki/Competence_(human_resources)). Training has specific goals of improving one's capability.
* capacity, [productivity](https://en.wikipedia.org/wiki/Productivity) and [performance](https://en.wiktionary.org/wiki/performance). It forms the core of [apprenticeships](https://en.wikipedia.org/wiki/Apprenticeship) and provides the backbone of content at [institutes of technology](https://en.wikipedia.org/wiki/Institute_of_technology) (also known as technical colleges or polytechnics). In addition to the basic training required for a [trade](https://en.wikipedia.org/wiki/Trade_(profession)), [occupation](https://en.wikipedia.org/wiki/Employment) or [profession](https://en.wikipedia.org/wiki/Profession), training may continue beyond initial competence to maintain, upgrade and update skills throughout [working life](https://en.wikipedia.org/wiki/Career). People within some professions and occupations may refer to this sort of training as [professional development](https://en.wikipedia.org/wiki/Professional_development). Training also refers to the development of physical fitness related to a specific competence, such as sport, martial arts, military applications and some other occupations.

**Types of Training?**

* [1.1Physical training](https://en.wikipedia.org/wiki/Training).
* [1.2Occupational skills training](https://en.wikipedia.org/wiki/Training).
* [1.3On job training](https://en.wikipedia.org/wiki/Training).
* [1.4Religion and spirituality](https://en.wikipedia.org/wiki/Training).
  + [1.4.1Church-affiliated schools](https://en.wikipedia.org/wiki/Training).
* [1.5Instructor's guides and Lesson Plans](https://en.wikipedia.org/wiki/Training).
* [1.6Artificial-intelligence feedback](https://en.wikipedia.org/wiki/Training).

**Physical training:**

* Physical training concentrates on mechanistic goals: training programs in this area develop specific motor skills, agility, strength or [physical fitness](https://en.wikipedia.org/wiki/Physical_fitness), often with an intention of [peaking](https://en.wikipedia.org/w/index.php?title=Peaking_(performance)&action=edit&redlink=1) at a particular time.
* In [military](https://en.wikipedia.org/wiki/Military) use, training means gaining the physical ability to perform and survive in [combat](https://en.wikipedia.org/wiki/Combat), and learn the many skills needed in a time of [war](https://en.wikipedia.org/wiki/War). These include how to use a variety of [weapons](https://en.wikipedia.org/wiki/Weapons), outdoor [survival](https://en.wikipedia.org/wiki/Surviving) skills, and how to survive being captured by the enemy, among many others. See [military education and training](https://en.wikipedia.org/wiki/Military_education_and_training).
* For psychological or physiological reasons, people who believe it may be beneficial to them can choose to practice [relaxation](https://en.wikipedia.org/wiki/Relaxation_(psychology)) training, or [autogenic training](https://en.wikipedia.org/wiki/Autogenic_training), in an attempt to increase their ability to relax or deal with stress.[[1]](https://en.wikipedia.org/wiki/Training) While some studies have indicated relaxation training is useful for some medical conditions, autogenic training has limited results or has been the result of few studies.

**On job training:**

* **Some commentators use a similar term for workplace learning to**[**improve performance**](https://en.wikipedia.org/wiki/Performance_improvement)**: "**[**training and development**](https://en.wikipedia.org/wiki/Training_and_development)**". There are also additional services available online for those who wish to receive training above and beyond that which is offered by their employers. Some examples of these services include career counseling, skill assessment, and supportive services.**[**[2]**](https://en.wikipedia.org/wiki/Training)**One can generally categorize such training as**[***on-the-job***](https://en.wikipedia.org/wiki/On-the-job)**or *off-the-job*.**
* **The**[**on-the-job training**](https://en.wikipedia.org/wiki/On-the-job_training)**method takes place in a normal working situation, using the actual**[**tools**](https://en.wikipedia.org/wiki/Tool)**, equipment, documents or materials that trainees will use when fully trained. On-the-job training has a general reputation as most effective for vocational work.**[**[3]**](https://en.wikipedia.org/wiki/Training)**It involves employees training at the place of work while they are doing the actual job.**

**Religion and spirituality:**

**In**[**religious**](https://en.wikipedia.org/wiki/Religion)**and**[**spiritual**](https://en.wikipedia.org/wiki/Spirituality)**use, the word "training" may refer to the purification of the mind, heart, understanding and actions to obtain a variety of spiritual goals such as (for example) closeness to**[**God**](https://en.wikipedia.org/wiki/God)**or freedom from**[**suffering**](https://en.wikipedia.org/wiki/Dukkha)**.[**[***citation needed***](https://en.wikipedia.org/wiki/Wikipedia:Citation_needed)**] Note for example the institution a spiritual training of**[**Threefold Training**](https://en.wikipedia.org/wiki/Threefold_Training)**in Buddhism,**[**meditation**](https://en.wikipedia.org/wiki/Meditation)**in**[**Hinduism**](https://en.wikipedia.org/wiki/Hinduism)**or**[**discipleship**](https://en.wikipedia.org/wiki/Discipleship)**in**[**Christianity**](https://en.wikipedia.org/wiki/Christianity)**. These aspects of training can be short-term or can last a lifetime, depending on the context of the training and which religious group it is a part of Compare religious**[**ritual**](https://en.wikipedia.org/wiki/Ritual)**.**

**Church-affiliated schools:**

* [**Parochial schools**](https://en.wikipedia.org/wiki/Parochial_school)**are a fairly widespread institution in the United States. A parochial school is a primary or secondary school supervised by a religious organization, typically a Roman Catholic day-school affiliated with a parish or a holy order. As of 2004, out of the approximately 50 million children who were enrolled in American**[**grade schools**](https://en.wikipedia.org/wiki/Grade_school)**, 4.2 million children (approximately 1 in 12 students) attended a church-affiliated school.**[**[5]**](https://en.wikipedia.org/wiki/Training)
* **Within the Christian religion one can attend a church-affiliated**[**college**](https://en.wikipedia.org/wiki/College)**with the intent of getting a degree in a field associated with**[**religious studies**](https://en.wikipedia.org/wiki/Religious_studies)**. Some people may also attend church-affiliated colleges in pursuit of a non-religious degree, and typically do it just to deepen their understanding of the specific religion that the school is associated with.[**[***citation needed***](https://en.wikipedia.org/wiki/Wikipedia:Citation_needed)**] The largest non-public school system in the United States, the Catholic school system, operates 5,744 elementary schools and 1,206 secondary schools.**

**Artificial-intelligence feedback:**

* **Researchers have developed training methods for**[**artificial-intelligence**](https://en.wikipedia.org/wiki/Artificial_intelligence)**devices as well.**[**Evolutionary algorithms**](https://en.wikipedia.org/wiki/Evolutionary_algorithms)**, including**[**genetic programming**](https://en.wikipedia.org/wiki/Genetic_programming)**and other methods of**[**machine learning**](https://en.wikipedia.org/wiki/Machine_learning)**, use a system of**[**feedback**](https://en.wikipedia.org/wiki/Feedback)**based on "**[**fitness functions**](https://en.wikipedia.org/wiki/Fitness_functions)**" to allow**[**computer programs**](https://en.wikipedia.org/wiki/Computer_programs)**to determine how well an entity performs a task. The methods construct a series of programs, known as a “population” of programs, and then automatically test them for "fitness", observing how well they perform the intended task. The system automatically generates new programs based on members of the population that perform the best. These new members replace programs that perform the worst. The procedure repeats until the achievement of optimum performance.**[**[7]**](https://en.wikipedia.org/wiki/Training)**In**[**robotics**](https://en.wikipedia.org/wiki/Robotics)**, such a system can continue to run in**[**real-time**](https://en.wikipedia.org/wiki/Real_time_(media))**after initial training, allowing**[**robots**](https://en.wikipedia.org/wiki/Robot)**to adapt to new situations and to changes in themselves, for example, due to wear or damage.**