

## CHAPTER 11

# TRAINING IN SPORTS

### VERY SHORT QUESTION (1 MARK QUESTION) [30 WORDS]

1. Define sports training ?

Ans. Sports training is the basic form of preparation of sportsperson

2. Define Warm- Up ?

Ans. Warm-up is process of heating the whole body by running and performing exercise prior to the competition.

3. What is Limbering or cooling down ?

Ans. It is process to bring the body in normal state after training or competition.

4. Define Load ?

Ans. It is process of long- term adjustment to a specific stimulus.

5. Define Recovery ?

Ans. Recovery is to regain what we lost after training or competition. Recovery is an essential part after exercise or training load.

6. What is skill?

Ans. A Skill is the ability to perform a whole movement.

7. What is Technique ?

Ans. Technique is defined as the motor procedure for taking a motor task. Motor procedure should be understood as a system of movement of body parts in a definite sequence.

## CHAPTER 11

# TRAINING IN SPORTS

### SHORT ANSWERS QUESTION

(3 MARK QUESTIONS)

[60 WORDS]

Q.1 Explain the Types of warm-up ?

Ans. There are two types of warm-up

1. General warm-up
2. Specific warm-up

**General warm-up** - It is usually performed in all types of activities such like Jogging, running, jumping, stretching, calisthenics, striding, wind sprints and other General exercise. It increases coordinative abilities and flexibility of muscles and joints.

2. **Specific Warm-up** :- In this type of warm-up specific types of exercises are performed after the activities of general warm-up. Specific type of warming-up differs from activity to activity.

Q.2 Write down the Guiding Principles of Warming-up in brief.

Ans. In the warming-up there are certain Guiding Principles of Warming-up as in the following way:-

- 1 Simple to complex
- 2 Exercise for all the parts of body
- 3 Stretching and Loosing Exercise should be included
- 4 Intensive enough to Increase Body Temperature
- 5 Warming-up should be according to the activity or sports
- 6 Concerned Movement of Games should be included.
- 7 Warming-up should be done at Exact time
- 8 Warming-up should be according to Age and Sex.

Q. Write down the importance of Limbering Down?

Ans. Limbering down is the important part of any training or competition as it is essential to bring the body back to its normal position.

There are certain advantage or importance of Limbering down :-

- 1 Body temperature become normal
- 2 Proper removal of waste product
- 3 Decrease in tension
- 4 Reduces the chances of dizziness or fainting
- 5 Decrease in the level of adrenaline in the blood
- 6 Heart rate returns to initial stage
- 7 Muscles do not remain stiff.
- 8 Supply of Oxygen normalises

Q. Explain in detail the classification of Skills.

Ans. There are a number of sports activities and each activity requires a set of Skills. There are various skills such as shooting in basket ball, serving in badminton, overhead kick in football. Owing to many characteristics of skill, it is really difficult to clarify them. Generally, there are following skills:-

- 1 Open Skill : The Skill which are not under control and are unpredictable are classified as open skill. Example:- football, hockey.
- 2 Closed Skill:- close skills take place in a stable, predictable environment and the performer knows explicitly what to do and when to do for example free throw in basketball and serving in squash or tennis.
- 3 Simple skill:- the skills which do not require large amount of coordination, timings and decision. These skills are straight forward, easy to learn and not difficult to perform, for example chest pass, underarm service and straight jump.
- 4 Complex Skill:- The skills, which require large amount of coordination, timing and quick thought process are called complex skills. For example handspring in Gymnastics, Overhead kick in football.
- 5 Gross Skills:- The skills, which involve large muscle movements and do not have precise movements are called gross skills.
- 6 Fine Skills:- These skills include complex precise movements using small muscle groups. For example A snooker shot and playing the piano.
- 7 Discrete Skills:- These skills are brief and have a clearcut beginning and end. For example penalty kick in hockey.
- 8 Continuous Skills:- These skills have no obvious beginning and end the end of one cycle of movement and beginning of the next. For example cycling is example of continuous skills.

- 9 Coactive skills:- Coactive skills are those skills which are performed at the same time as others without direct confrontation. For example swimming and running.
- 10 Interactive Skills:- Interactive skills are those skills where other participants or performers are directly involved. For example football, netball and handball.
- 11 Serial Skills:- These skills are a group of discrete skills which are performed in serial to make a complex movement. for example sequence of skills in triple jump.
- 12 Individual Skills:- Individual skills are those skills which are performed in isolation. For example high jump and long jump.

**CHAPTER 11**

**TRAINING IN SPORTS**

**LONG ANSWERS QUESTION**

**[150 WORDS]**

**(5 MARK QUESTIONS)**

**Q.** What do you mean by the Sports Training and Explain principals of sports training ?

**Ans.** Sports Training is the process of all the scientific and systematic channel of preparation of sportsperson for the highest level of sports performance. Sports training also consists all those learning influences and process that are aimed at enhancing sports performance:-

**Principles of Sports Training :-**

Principle of Over Load

Principle of Progressive Development

Principle of Continuity

Principle of Variety

Principle of Individuality

Principle of Specificity

Principle of Active Participation

Principle of Periodisation

Principle of General and Specific Preparation

Principle of Rest and Recovery

1. **Principle of Overload:-** The principle of overload states that there should be greater than normal load on the body as required for training adaption to take place. For example to increase endurance, muscle must work for longer period of time than they used to.
2. **Principle of Progressive Development-** According to this principle, the load should be increased step- by - step, so that players can handle easily. The principle of progressive development also makes us realize the need of proper rest and recovery.
3. **Principle of continuity:-** According to this principle , the training should be a continuous process. There should not be any break. The interval between two training session should be maximum but not too long.
4. **Principle of Variety:-** For a successful coach the training plan should be in variation so as to maintain the interest and motivation of the athlete. For example changing the nature of exercise, timing and environment.
5. **Principle of Individual Differences:-** According to this principle. every sportsperson is different due to individual differences. For example compared to male athlete an women athlete require more recovery time for the same event.
6. **Principle of Specificity:-** This principle states that exercising a certain part or components of the body primarily develops that part.
7. **Principle of Active involvement:-** the principle of active involvement means that for an effective training programme the athlete must participate actively and willingly.
8. **Principle of Periodisation:-** The sports training programmes are developed through various training cycles such as macro cycles, meso and micro cycles.

1. Macro Cycles. - duration 3 to 12 months.
2. Meso Cycles:- duration 3 to 6 weeks.
3. Micro cycles:- duration 3 to 10 days.

**9. Principle of General and specific Preparation:-** For the improvement of the performance, both the general and specific preparation are equally important. General preparation serves as the base for specific preparation.

**10. Principle of Rest and Recovery:-** According to this principle, the training programme should be made in such away there should be proper rest and interval between training activities.

**Q.** Explain the process of stimulus, Recovery and Adapataion?

**Ans.** Our body is made up of millions of very small living cells. Each type of cell or group of cells performs a different job. All the cells have the ability to adapt to what is happening to the body. The adaptation takes place inside the body all time. There is also an adaptation to the training for games and sports because its helps to increase the sports performance for improving the sports performance the training load has to be increased. Stagnation training load means stagnation in performance. When a sportsperson's fitness is challenged by a new training load there is a response from body. The response by the body is an adaptation to the stimulus of the training load. The initial response is of fatigue. When the loading stops, then process of recovery from fatigue and adaptation to the training load starts. The process of recovery and adaptation returns to the sportspersons not just to his previous fitness level but to an improved level.

**Q.** What do you mean by Technique and Skill, describe?

**Ans.** Technique:- Technique is defined as the motor procedure for tackling a motor task. Motor procedure should be understood as a system of movement of body parts in a definite sequence. Thus, we can say Techniques are the basic movements of any sports or event. The Motor procedure or technique is always take or goal oriented. Therefore, different techniques are required in different sports. In shotput for example, the motor task is to put the shot as far as possible, whereas in weightlifting in clean and jerk the motor task it to lift as much weight as possible. In



team game, the sportsmen are required to tackle a variety of tasks under different conditions. Therefore in sports the sportsman has to learn a number of techniques with possible variation. The most common form of presenting the technique is verbal and physical. The physical aspects of technique is conveyed through demonstrations and audio- visual aids.

**Skill:-** A motor skill is acquired through a long process of motor learning. Technical skills in sports therefore, represent automatisisation of motor procedure. A sportsman tries to learn a technique and through continuous and systematic process, — is liable to acquire the skill i.e. automatisisation of the motor procedure. In other words, we can say that skill is the capacity of the sportsman to realize technique in actual motor action.

**Q.** Write down the Method of Warming- Up in detail.

**Ans.** There are following methods of Warming-up which are generally used:-

#### **I General Method**

- 1. Jogging:** Every athlete should perform Jogging or slow running for 5 to 10 minutes to increase the body temperature.
- 2. Simple Exercise:** This is also a way of warming-up. The exercise should be performed from simple to complex.
- 3. Striding:** It means running the distance with long strides. The distance of running should be not more than 50 metres.
- 4. Stretching Exercise :** Stretching is one of the most critical parts of warm-up and of an athlete's performance. A more flexible muscle is stronger and healthier.
- 5. Wind sprints :** This is the last part of warming-up. It is usually done with spikes on. In wind sprints the distance of 25 to 30 m may be covered.

**II Warm-up with warm water:** Warm-up with warm water is usually done in developed countries.

**III Warm-up through Massage:** This is an old method of warm-up. It was used in India by Wrestlers to get warmed-up.

- IV Warm-up by Hot Drinks:-** Before the competition use of coffee or tea to get them warmedup, but it is not considered a good method.
- V Through Sun Bath:-** the body can be warmedup through sunbath up to some extent, but most of sports this method of warming-up is not usually applied.
- VI Through Steambath:-** The body can be warmedup through steambath. Energy can be saved through steam bath but this method of warming-up also not used frequently.