

UNIT 12 TRAINING IN SPORTS

Key Points :

- Strength—Definition, Types and Methods of Improving Strength—Isometric, Isotonic and Isokinetic.
- Endurance—Definition, Types and Methods of Develop Endurance—Continuous Training, Interval Training and Fartlek Training.
- Speed—Definition, Types and Methods of Develop Speed—Acceleration Run and Pace Run.
- Flexibility—Definition, Types and Methods to Improve Flexibility.
- Coordinative Abilities—Definition and Types.

12.1 A. Sports performance are to be achieved in sports competition.

B. When we take part in games and sports we try to perform our best and our performance directly depends upon many factors.

C. Basically, the performance of the sportsman depends upon strength, endurance, speed flexibility and coordination abilities.

D. Sports training is done for improving these factors and ultimately our performance.

12.2 When an individual exerts muscular force against resistance in games and sports, it is called his or her strength.

12.3 When an individual perform under the condition of fatigue for a long time, it is called his or her endurance.

12.4 In games and sports, when an individual performs a movements quickly, it is called his or her speed.

12.5 Flexibility is the range of movement of the joints of a sportsperson.

12.6 The ability of an individual to do various related activities smoothly and efficiently is known as coordinative ability.

Key Notes

