

Chapter - 5

Sports Training

Answer the following questions.

1. What is the meaning of sports training?

Ans. The organised and systematic process that focuses on improving a person's ability is called training. By the process of sports training, the performance of a sports person is improved.

2. Why is it essential to train a sports person systematically?

Ans. Planned & systematic training is one of the principles of sports training. Planned & systematic training helps the sports person to achieve better results. If followed perfectly, it will help a sports person to achieve high level of sports performance in competitions.

To ensure best outcome in a particular sport, continuity of training is also important.

3. List and explain the principles of sports training.

Ans. Sports training is designed to improve as well as maintain high performance in a sports activity. It is necessary to follow all the principles of sports. The principles of sports would help a sports person to improve fitness and ability in a sport.

4. Explain the terms training load and adaptation.

Ans. Training load will helps the person to compare short intensive training or longer training. Comparison of interval and cross training can also be done. Training load should be measured frequently as it will give an idea about the progress of the training. Depending upon the training load, a person should get adapted to the necessary activity.

5. Why a long break in sports training should be avoided?

Ans. Continue of training is not only one of the basic principles of sports training, but also the most important principle of sports training too. If a sports person does not maintain continuity in the training, the sports training would not result in best outcome in a sport. Therefore, continuity in training should be followed to improve fitness as well as abilities in a sport.

6. What is the difference between interval training and cross training?

Ans. If a person needs to adjust the body to work, then interval training is ideal. Many cardiovascular activities are involved in interval training.

Effectiveness of the training process is increased in cross training. Many activities are to be done by a sports person in cross training to improve overall performance.

Fill in the blanks.

(i) Sports training is aprocess.

Ans. based on scientific

(ii) Sports training aims at high performance in

Ans. a particular sports activity.

(iii) Adaptation of the training load takes place only when the load is.....continuous process.

Ans. Load and recovery should be in a proper proportion for the adaptability of training load. To meet up with higher demands of competition, the training load should be increased.

Tick (P) mark either Yes or No.

(i) Sports persons are trained on the basis of scientific principles. (Yes / No)

Ans. Sports training is based on scientific principles so as to help the sports person to improve and maintain higher performance capability in a particular sport.

(ii) Sports training does not help improve the sports performance. (Yes / No)

Ans. The main aim of sports training is to help a sports person to improve and maintain higher performance capabilities in a specific sport. For achieving it, the person should follow all the principles of sports training.

(iii) Sports training requires systematic planning. (Yes / No)

Ans. Systematic planning is a must in sports training. Depending upon the sport, the required activity in the training changes. So, it is necessary to plan the sports training. A coach/physical education teacher help or guide a person for systematic planning of training.

(iv) Learning of sports skills is the result of practice and experience. (Yes / No)

Ans. Not only sport, any skill cannot be learnt in a few hours or sometimes in days. It is necessary to practice the skill and gain good experience over it. Hence, Learning of sports skills is the result of practice and experience.

(v) In sports training, coach/physical education teacher does not have a prominent role. (Yes / No)

Ans. Systematic planning and regular training is very much essential in sports training. A coach/physical education teacher help the sports person to achieve this goal. They also provide them with necessary guidelines during training. Therefore, in sports training, coach/physical education teacher has a prominent role.