



BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI - 620 024

(Accredited With A+ Grade By NAAC In The Third Cycle)

Department Of Physical Education And Yoga

Bachelor Of Physical Education (B. P. Ed)

CC- VII SPORTS TRAINING (21BPE31)

Sem. -III

Credit-4

Unit-1

Introduction To Sports Training

Meaning of Sports Training:

Sport's training is the basic form of preparation sportsmen for better performance through physical exercise.

Sports Training Definition:

“Sports training is a process of preparation of sportsmen, based on scientific and pedagogical principles for higher performance”.

- Harre.

Aims of and objectives sports training

Improvement of physical fitness

The sports performance depends upon the components of physical fitness like strength, speed, endurance, flexibility and various coordinative abilities.

Acquisition of motor skills

Learning and stabilizing the motor procedure is called a skill. Sports activities consist of motor movement and action and their success depends largely on their correctness.

Improvement of tactical efficiency

During competition, the sportsman can fully utilize his abilities, skills and external factors while at the same time hindering the opponent to perform is termed as tactics.

- To improve the knowledge of the rules and regulations of the specific sport.
- Improving the tactical skills.
- Tactical abilities.

Education and improvement of mental capabilities

Performance in sport is result of the total personality of the sportsman. Therefore education and improvement of mental capabilities must be an important aim which is to be achieved through sports training.

Principles of Sports Training

Sports training is a process of preparing the sportsman for higher performance. This process is based on several scientific principles and these principles serve as guidelines for coaches and sportsman for the formulation and execution of sports training programme.

Principles of continuity

This principle indicates that the training process should be a continuous process from day to day, week to week and year to year. There should be optimal intervals between the training sessions but too much rest between training sessions or cycle breaks breaks the continuity of the training process.

Principles of progression of load

The training should be increased in order to improve the performance of the sportsman. For the continuous improvement of the performance, the load must be increased from time to time.

Principles of individualization

Since the performance of an individual depends upon his performance capacity, the training should be individualized process.

Principles of active participation

The sportsman should be trained and educated to tackle the various tasks of the training and progressively involves himself in the planning, implementation and evaluation of the training progress.

Principles of planned and systematic training

The training is a scientific and pedagogical process and for best results each and every part of training must be properly planned. As a result we have short and long term plans which forms the basis of implementation and assessment of training.

Principles of clarity

This principle not only relates to the training for technique and tactics but also applicable to the training for the improvement of strength, speed, endurance, flexibility and coordinative abilities. Every information about technique and tactics, aspects of the training must be given clearly as possible and the knowledge which is to be given to the sportsman must be made comprehensible for him.

Principles of ensuring results (of) regulation of training

All training principles must be properly implemented. The coach should assess the achievements at and modify the plan wherever necessary. The tests will serve as a feedback to the coach for evaluation and regulation of training programme.

Principles of cyclist

The training process should be formulated in the form of shorter or bigger cycles.

Three types of cycles: micro cycle, meso cycle, macro cycle.

- **Micro cycle:** it is the smallest training cycle and consist of 5 to 7 days. When the duration of micro cycle in seven day. It is called weekly cycle.
- **Meso cycle:** meso cycle is a training cycle of medium duration is composed of a definite arrangement of 3 to 6 weeks.
- **Macro cycle:** this consists of 3 to 12 months and is commonly called the longest training cycle. When this duration is 12 months, it is called the yearly cycle.

Warming up

- Prepares your body for physical activity by increasing your heart rate, blood flow, and muscle temperature. It can also help prevent injuries. Some examples of warm-up activities include:
 - Dynamic stretching
 - Leg bends
 - Leg swings
 - Shoulder/arm circles
 - Jumping jacks
 - Jumping rope
 - Lunges
 - Squats
 - Walking or a slow jog
 - Yoga

Cooling down

- Returns your body to a normal resting state after exercise. It can help reduce muscle soreness and improve your range of motion. Some examples of cool-down activities include:
 - Static stretching
 - Walking or slow cycling for 5-10 minutes

-

Sports training aims to help athletes perform at their best by improving their physical and mental capabilities:

Basic performance

- This involves the fundamentals of a sport, such as skills, strength, and endurance.

Good performance

- This involves improving technique, strength, and endurance to optimize performance.

High performance

- This involves developing the ability to perform at the highest level, which requires mental strength and the ability to manage stress and anxiety.

Thank
you