



BHARATHIDASAN UNIVERSITY

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Department of Physical Education and Yoga

Course Title : SCIENTIFIC PRINCIPLES OF SPORTS TRAINING

Course Code : 21MPE31

Unit- (I)

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Guest Lecturer,

METHODS	COMPONENT	GIVEN BY
Interval training	Endurance	Woldemar Gerschler
Plyometric training	Explosive strength	Dr.Yuri Verkhoshansky
Weight training	Strength	
Fartlek method	Endurance	O Astrand and Gosta Holmer
Circuit training	Strength and endurance	R.E Morgan and GT Adams

SPORTS TRAINING



MEANING & DEFINITION

A). Meaning

Sports training is a special process of preparation of sports persons based on scientific principles aimed at improving and maintaining higher performance capacity in different sports activities. It is a particular type of training designed to improve fitness and abilities to perform in a given sport. It includes strength in training, corrective and restorative exercises, conditioning and cardiovascular training. It also includes mental and psychological training and advise on nutritional values.

B).Definition

1. Sports training is the basic forms of preparation of sportsmen. —Matveyev
2. Sports training, based on scientific knowledge, is a pedagogical process of sports perfection through which systematic effect on psycho-physical performance ability and performance readiness aims at leading the sportsman to high and the highest performance. —Harre
3. Sports training is a scientifically based and pedagogically organised process through planned and systematic, effect on the performance ability and performance readiness aims at sports perfection and performance improvement as well as at the contest in sports competition. — Schnabel

AIM

AIMS OF SPORTS TRAINING

The main aim of sports training is to prepare a sportsman for a highest possible performance in a main competition in a particular sport / event. Besides this following should be considered as the aims of sports training

- i. Improvement of physical fitness.
- ii. Acquisition of motor skills.
- iii. Improvement of tactical efficiency.
- iv. Education and improvement of mental capabilities.

CHARACTERISTICS

Characteristics of Sports Training

Some of the important characteristics of sports training are:

1. Sports training is performance and competition oriented process.
2. Sports training is a scientific process
3. Sports training is a planned systematic process
4. Sports training is a unified process of education and performance improvement.
5. In sports training the daily routine of the sportsmen is controlled.
6. In sports training the coach has the leading role.
7. Sports training aims at exploitation of hidden human reserves.
8. Sports training is a continuous process of perfection of means and methods for the improvement of performance.
9. Sports Training is Individual-specific.

PRINCIPLES

1. Principles of continuity
 2. Principles of progression of Load
 3. Principles of individualization
 4. Principles of systematic training
 5. Principles of general & specific preparation
 6. Principles of clarity
 7. Principles of cyclicity- Micro – Meso & Macro
 8. Principles of ensuring results
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