

FAQs:

Q1. What is the meaning of sports?

Ans. Sports are usually forms of competitive physical activities or games which, through casual or organized participation, which aims to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases entertainment for spectators. Sports are usually governed by a set of rules, laws or customs, which serve to ensure fair competition, and allow consistent adjudication of the winner.

Q2. Elaborate the meaning of training.

Ans. Training is teaching or developing in oneself or others, any skills and knowledge that relate to specific useful competencies. Training has specific goals of improving one's capability, capacity, productivity and performance.

Q3. What is sports training?

Ans. Sports training is a combination of the two terms 'sports' and 'training' that concentrates on a specific goal that is the achievement of top level of performance through development of specific skills, muscles, motor abilities, techniques, tactics and overall personality of an individual. Sports training also known as sports science, it is a widespread academic discipline, and can be applied to areas including athlete performance, such as the use of video analysis to fine-tune technique, or to equipment, such as improved running shoes or competitive swimwear.

Q4. Write the meaning of performance.

Ans. Activities have been a part of human behaviour for instance throwing. In primitive days, throwing was necessary for feeding and defense while for the modern man it is involved in different sports for a different purpose for example in basketball for passing or scoring and in javelin to achieve maximum distance. In both the scenarios it is the result of the activities and can be considered as the performance. Thus performance refers to the level of the motor task accomplished.

Q5. Explain the components of sports training.

Ans. The contents of sports training consists of individual key areas which are called components of sports training:

- Physical component which is generally focused on developing the motor abilities. The motor abilities include speed, strength, endurance, coordination, agility and flexibility.
- Technical component focuses on acquiring sports skills through motor learning.

- Tactical component focuses on the implementation and intelligent use of the techniques or in other word further development of different ways to conduct sports contest on a purposeful basis.
- Psychological or Mental component which focuses on improving the athlete's overall personality.

Q6. What is the focus of sports training?

Ans. Sports training focuses on reaching maximum efficiency in motor abilities connected to a certain sports discipline. Sports training denote the sense of preparing sportspersons for the highest level of performance.

Q7. Give Harre's definition of Sports training.

Ans. According to Harre (1986), "Sports training based on scientific knowledge, is a pedagogical process of sports perfection which through systematic effect on psycho-physical performance ability and performance readiness aim at leading the sportsperson to high and the highest performance, through active and conscious interaction with the given demands in sports training, the sportsman's personality develops according to the norms and standards of socialist society"

Q8. Define sports training as given by Matveyev and Martin.

Ans. According to Matveyev, in the year 1981, "Sports Training is the basic form of an athlete's training. It is the preparation systematically organized with the help of exercises, which in fact is a pedagogically organized process of controlling an athlete's development (his sporting perfection).

Martin in the 1979, defined that, "Sports training is planned and controlled process in which, for achieving a goal, changes in complex sports motor performance, ability to act and behavior are made through measures of content, methods and organization".

Q9. Give the Finish First Sports Performance's definition of sports training.

Ans. According to the Finish First Sports Performance, "Sports specific training is simply fitness and performance training designed specifically for athletic performance enhancement. Training programs for athletic performance enhancement including areas such as strength, speed, power, endurance, flexibility, mobility, agility, mental preparedness (including goal setting), sleep, recovery or regeneration, techniques and strategies, nutrition, rehabilitation, pre-rehabilitation and injury risk reduction".

Q10. Give any two definitions of sports training.

Ans. Following are the definitions of sports training:

According to Dr. A. K. Uppal, " Sports Training is a process of sports perfection directed by scientific and pedagogic principles and aims at leading a sportsperson to high and top level performance in a sport or an event by means of planned and systematic improvement of performance capacity and readiness of performance".

According to Hardial Singh, in the year 1993, “Sports training is a pedagogical process, based on scientific principles, aiming at preparing sportsman for higher performances in sports competitions”.