



## **PHYSICAL EDUCATION**

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Introduction**

**Lecture - 170  
MEANING AND DEFINITIONS OF SPORTS TRAINING**

### **INTRODUCTION**

Man's interaction with sports and physical activities has always been a very natural and on-going process. The primitive man engaged in them to fulfill the basic needs of life such as food and shelter, he had to run, jump, climb, swim, dive to get through each day of his life to survive in the harsh conditions. The modern day man does not engage in these activities for survival but for other reasons. For instance one gets involved in various forms of games and sports either as an amateur for the sole sake of recreation and enjoyment or as a professional to achieve excellence in a specific sport. However, it is no small feat to achieve success in a chosen field of sport or to reach at the top of the pyramid. Fact is there are only a very small percentage of the total human population in the world who actually make it to the top. Every Olympic cycle we see previous records being shattered and broken to set a new one. Each mega event we think now this is it, this cannot be bettered however much to our awe and surprise year after year we see people making records and breaking them over and over.

Every year the performance standard at all levels is touching sky standards and so is the level of training. Sports scientists work tirelessly in a team so as to take an athlete's fitness level a notch higher and assist in improving the performance standards so that he achieves top performance at the time of the competition. Sports training has a systematic and scientific approach and if a professional is not up to date with the latest trends he is sure to be left behind moreover he would end up the career of the professional as well in the process. It is extremely pivotal for the trainer as well as the trainee to be up to date with the latest developments and changes be it the rules or laws of the sport, the equipments, the change of the venue or even small changes that may have a bearing on the performance of the trainee.

## MEANING OF SPORTS TRAINING

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. 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. Hence sports training is a combination of the above two terms 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 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.

All activities which are part of human behaviour were subject to a long-term development. Take for instance, throwing, which is regarded as a basic motor activity. In the primitive days, throwing was necessary for feeding and defense. At present, throwing has lost its importance for the above mentioned activities but it is involved in different sports to a great extent for instance in athletics, basketball, handball, etc. The activities in the prehistoric had specific purpose, like the task of the prehistoric hunter was to hit the target precisely to get food. The aim of the present day athlete is to throw the javelin as far as possible in both the scenarios it is the result of the activities can be considered as the performance. Performance can also be referred to as the level of the motor task accomplished. For the prehistoric hunter that hitting or missing of the target is not evaluated by any rules and regulations but in the case of the athlete, performance is evaluated following rules of the sports discipline and is known as sports performance. The ability to achieve a given performance repeatedly is efficiency.

Today sports training is not just a term but a very important subject that affects each and every individual who takes up physical activity or sports either for health and fitness or for competition at various levels. 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.

Reaching maximum efficiency in any activity is not possible over a day, a week or a month; it is a process and a lengthy and tedious one. Efficiency is conditioned by several interrelated areas. Training is the process of preparing an individual for an event and activity or a job. 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.

In simple terms sports training is the physical, technical, intellectual, psychological and moral preparation of an athlete or a player by means of physical exercises. According to Harre (1982), sports training is a process of athletic improvement, which is conducted on the basis of scientific principles through which systematic development of mental and physical efficiency, capacity and motivation enables athletes to produce outstanding and record breaking athletic performances.

Thus it can be said that sports training is an over-all scientific and systematic channel of preparation of sportspersons to achieve highest performance. Sports training also consist of all those learning influences and processes that are aimed at enhancing sports performance.

Sports training can also be understood as a process of systematic development of each component in dependence on the duration of preparation which leads to achieving maximum efficiency in senior age within the selected sports discipline.

As mentioned earlier as well that achieving the desired or top level of performance is not something that can be done in a day or two. Hence, it is essential that the training for achieving optimum performance in any sport starts early preferably when 8-10 years of age and in some cases even earlier, specifically in the formative years of an individual that is when he or she is a child. However it should be assured that children involved in sports should be encouraged to participate in a variety of different activities so as to develop a wide range of skills. Young athletes who specialize in just one sport may be denied the benefits of varied activity while facing additional physical, physiological and psychological demands from intense training and competitions. It reviews potential risks of high intensity training and sport specialization in young children. Hence it is essential to maintain a balance in training and the most important component of training that is rest should not be given due consideration as well to ensure complete recovery.

A successful sports training program needs to be designed in a balanced manner, meaning that it shouldn't be too specific to a particular sport. However it is also essential to keep the goal in mind. A program that is too general will not have the desired impact and will not be able to properly prepare the child or athlete whereas on the other hand a program that is too specific (or attempts to be too specific) will also not properly prepare the athlete. In addition to that it may additionally run the risk of overtraining certain movement patterns which increases the risk of contracting injuries. If the program is not balanced then the trainer should evaluate the program and make modifications to it as per the needs and also to provide maximum output. It is always good to work as a team with the other sports scientist, this will ensure maximum benefit when it comes to improving efficiency of the program.

## **DEFINITIONS OF SPORTS TRAINING**

There are many experts who have defined sports training; all the definitions are a mirror of the philosophy of the individual on the subject. Let us now go through the definition and further broaden our understanding of sports training.

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"

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 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”.

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”.

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”.

According to Free dictionary, “Training is the process or routine of one who trains. It is the process of bringing a person, to an agreed standard of proficiency by practice and instruction”.

“Sports training is a consistent progression of exercise session designed to improve physiological functions for better health or better sports performance” – unanimous source.

## **CONCLUSION**

Sports training is the entire systematic, scientific, pedagogic process of preparation of athletes by means of physical, mental, technical and tactical development for the highest levels of athletic performance. It comprises all those learning influences and processes, including self-tuition by the athlete himself or herself, which are mainly aimed at improving performance.