

FAQs:

Q1. What is speed?

Ans: Speed is the ability to execute motor actions, under given conditions, in minimum possible time.

Q2. What are the most important forms in which speed appears?

Ans: The most important forms in which speed appears are: reaction ability, movement speed, acceleration speed, locomotor speed and speed endurance.

Q3. Why the importance of speed cannot be under-estimated?

Ans: Almost all the sports require fast and explosive movements, therefore, the importance of speed cannot be under-estimated.

Q4. Give one example of explosive strength which is indispensable.

Ans: In boxing, a fast punch cannot be delivered if the boxer lacks explosive strength.

Q5. What is the aim of technique?

Ans: Technique aim at minimizing the external negative forces and at full utilization of the internal positive forces.

Q6. Which system is a limiting factor for the improvement of speed performances?

Ans: The nervous system is a strong limiting factor for the improvement of speed performances.

Q7. Why different body regions are capable of different speed performances?

Ans: Because different muscles of the body have different proportions of fast twitch fibres.

Q8. How can strength improve indirectly the acceleration speed of the sportsman?

Ans: The acceleration speed can be improved indirectly by improving the explosive strength technique and flexibility of the sportsman.

Q9. What happen when a sportsman has too much fear or anger?

Ans: Too much fear or anger can result in freezing the sportsman.