

FAQs:

Q1. Which system of body depends much upon the speed?

Ans: Speed depends much upon the nervous system.

Q2. What is reaction speed?

Ans: Reaction speed is the ability to react meaningfully to a signal in minimum time possible.

Q3. Enlist the types of speed.

Ans: Speed can be classified into following five types:

- a. Reaction speed
- b. Speed of movement
- c. Acceleration speed
- d. Sprinting speed
- e. Speed Endurance

Q4. Define sprinting speed.

Ans: It can be defined as the ability to maintain maximum speed of locomotion over as long distance as possible for maximum possible duration.

Q5. Which method can increase the acceleration speed?

Ans: Acceleration speed can be increased by both direct or indirect methods.

Q6. Name the training means which can be used to developed sprinting speed directly?

Ans: Sprinting speed can be developed directly using the following training means (a). Acceleration runs (b). Ins and outs (c). Differential races.

Q7. What kind of training means is effective in developing sprinting speed?

Ans: Ins and out are the training means in developing sprinting speed.

Q8. What is speed endurance?

Ans: Speed endurance is the ability to execute cyclic or a cyclic movements at high speed under conditions of fatigue.

Q9. Which training is an effective training means for improving speed endurance?

Ans: Pace Races is an effective training means for improving speed endurance.