

FAQs:

Q1. What is coaching?

Ans. Coaching is the process of imparting techniques, skills, knowledge and attitudes, which is aimed at improving the performance of the individuals by using methods appropriate to their ability and aspiration.

Coaching can also be described as a technical skill, which involves coordination of factors like time sequence, action movement and speed so as to enable a sportsperson to attain his fullest potential or highest level of efficiency in a specific sport.

Q2. What is the purpose of coaching centering around?

Ans. The purpose of coaching may be centering around three essential points:

- Providing a positive sports experience to participants
- Providing an opportunity for participants to achieve their full potential in and through sports
- Using sports as a means of helping participants to develop in a holistic way.

Q3. Who are the participants of coaching?

Ans. Games and sports form a basis of human existence, involvement of individuals in games and sports irrespective of the age group, play a major role in modern lifestyles. These days there is a desire among the youth to learn, play and enjoy sports. It offers them not only a means for enjoyment but also an opportunity for self-expression, physical and psychological well-being and social relationships. The participants may range from amateurs to persons who are dedicated and committed and focused on achieving highest performance standards. Coaching usually can be taken by people of all ages who are interested in learning the skills of a specific sport, however it is always recommended 'the early you start the better'.

Q4. Explain teaching.

Ans. Teaching is a process of attending to people's needs, experiences and feelings, making specific interventions to help them learn particular things. Interventions commonly take the form of questioning, listening, giving information, explaining some phenomenon, demonstrating a skill or process, testing understanding and capacity and facilitating learning activities (such as note taking, discussion, assignment writing, simulations and practice).

Q5. How is teaching important in the field of physical education and sports?

Ans. In the field of games and sports too teaching is pivotal, many of the aspects needs explanation and classroom teaching such as to explain the rules and regulations or laws of the game. It is essential to have audio visual aids in the classrooms to demonstrate the movements, explain tactics, etc. classroom teaching of techniques to execute the movements correctly, to explain the methods of preparation of playfield and a lot more.

Q6. What is conditioning?

Ans. Conditioning is a process of gradually preparing the body for strenuous physical activity thus focusing attention on development of physical and motor fitness components viz. strength, speed, endurance, flexibility, coordinative abilities and indirectly enhancing sports performance.

Q7. Discuss the origin of the term conditioning.

Ans. ‘Condition’ is a word that has its origin from the Latin ‘Condicio’ which means proposal, suggestion, pre-requisite, situation, state or condition. “Consicio Sin Qua non”, means in an adequate elaboration, condition, without which there is no performance. Condition is the physical and physiological training state of a sportsperson, which is determined through increased efficiency of strength, endurance, speed, flexibility and coordinative abilities. In the process adequate emphasis is to be laid on the physiological, bio-mechanical, psychological and nutritional aspects that play a significant role on ensuring the success of a sportsperson.

Q8. What are the principles of conditioning?

Ans. The conditioning process or the physical conditioning process is based on certain set principles; firstly the entire program is prepared or designed keeping in mind each one on an individual basis. Reasonable and achievable targets are set for the sportsperson. Every sportsperson requires a master-plan with a blueprint which indicates where the sportsperson is at present and where he has to reach and how to get there. Each individualized plan is based on even or sport specific abilities and in order to excel in a particular sport or event, the physical traits specific to that sport or event must be developed. The master plan must be flexible enough that it can be adapted to changing conditions or requirements.

Q9. What is the meaning of sports training?

Ans. Sports training is a systematic, scientific and pedagogical process involving development of the physical, mental or psychological, technical and tactical capabilities of an individual so as to achieve top level of sports performance.

Q10. What is a sports training program?

Ans. Sports training programs are task oriented that is it is prepared with a specific event or competition in mind, also known as periodization so that the peak performance or top performance is achieved at the time of the competition not before or after that. The trainer and the trainees have to be aware when and where the competition will be held and prepare the training schedule accordingly.