



## **PHYSICAL EDUCATION**

**B. P. Ed. 3<sup>rd</sup> Year**

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**Title: Science of Sports Training**

**TOPIC NO. 1  
Introduction**

**Lecture - 171**

**MEANING OF TERMS: COACHING, TEACHING, CONDITIONING  
AND TRAINING**

### **INTRODUCTION**

There has been a drastic shift in the lifestyle of man in the modern society. Every individual around the globe is connected through the space age technology called the internet. Everyone wants to be noticed and leave their mark on others. Popularity is the new need of modern society man as all the other needs such as food, clothing and shelter are readily available for every section of the society provided you have the means for it. There are specific areas of work that gives an individual instant popularity take for instance being associated with the media industry, politics, an achiever in any specific field, etc. However there has been a shift these days and there are quite a few sportspersons grabbing eyeballs and media attention in India and other countries enjoying global popularity and have a fan following in millions.

This shift did not happen in a day, these sportspersons have been rigorously training themselves day and night to reach a level where they have made sacrifices to bring laurels for their nation and be at the top in their respective game or sport. It is not the work of a single individual, the hard work and dedication of a whole team of sports scientists consisting of the manager, coach, trainer, trainee or athlete or sportsperson, the team of sports scientists that may consist of the physiotherapist, nutritionist, sports psychologist, biomechanics expert, and many more depending on the requirements of the sport and the sportsperson. Sports has crossed all barriers it has athletes from all across the globe coming together in international events such as the Olympics, World Championships or World Cups of specific games and sports. The athletes reaching to that level are not amateurs or untrained people but athletes who have been in the field most part of their lives and would continue to be in future as well.

The performance enhancement of these athletes has been made possible through the scientific methods and the pedagogical process of sports training, coaching, conditioning and teaching. However it is essential to understand the above mentioned terms as to common man ears they all would seem to mean the same, but there are thin lines and philosophy the distinguishes each one from the other.

In the following discussions we will look into the meanings of the terms coaching, teaching, conditioning and training with the perspective of sports. Even though they essentially aim to educate the athlete however each of them has their unique characteristics and area of concentration and methodology of functioning.

## **Coaching**

Games and sports form a basis of human existence, involvement of individuals in games and sports irrespective of the age group, and 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'.

It is the fundamental right of every person to learn the fundamental duty of the organizations and individuals capable of imparting the knowledge to promote various sports and to provide necessary technical backup and support to facilitate it. With the increase in the demand for learning it is important to provide more qualified coaches to deliver the right coaching. Many countries have a very effective coaching program due to which they have excelled at international levels in different games and sports.

Without competent coaches, the athlete's or sportsperson's true potential may never be fulfilled. There must be a comprehensive education program to educate the coaches because until we have good coaches in the various central and public coaching centers there is no way that our country's performance in the international stage would improve. Quality coaches is the need of the hour not just for the Olympians but most importantly for the beginners as they are the pool from where Olympians and other top level athletes are produced.

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

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.

## **Teaching**

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).

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.

## **Conditioning**

‘Condition’ is a word that has its origin from the Latin ‘Conditio’ which means proposal, suggestion, pre-requisite, situation, state or condition. “Conditio Sin Qua non”, means in a 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.

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.

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.

In general terms conditioning may also be understood of making the body ready for meeting the demands of a sport or an event. It focuses on developing the bio-motor components by means of various exercises and activities which are directly or indirectly involved in increasing the performing capacity of the organs and muscles thereby bringing about an increase in the performance of the sportsperson. There is an increase in the performance capacity of the muscles when exercises are carried out for the development of strength which in turn assists in the development of speed and endurance as well. Hence conditioning of a motor ability directly or indirectly assists or leads to the enhancement of one or more conditional ability.

Conditioning is very essential for improving the sports efficiency of a sportsperson.

## **Training**

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.

Training is a comprehensive term for preparation for specific tasks. It is a term we come across in our day to day life for example military training, CPR training, Sports training. In all disciplines the ultimate aim being to achieve optimum level of performance. 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.

The trainee is also actively involved in the preparation of the training plan as awareness on the part of the athlete develops interest and also a sense of responsibility in the sportsperson to implement the training plan effectively. Scientific principles need to be applied while preparation of the plan as it may make or break the performing capacity of the sportsperson. The trainer has to take help and work in coordination with a team of sports scientists so as to cover all the aspects that are responsible for the enhancement of the performance. There are sports nutritionists who take care of the diet plan of the athlete, and the plan differs from individual to individual and also from sport to sport, the diet plan for a sprinter will be different from that of a wrestler or weight lifter; sports physiologist whose work is equally important when it comes to prevention or rehabilitation of injuries; sports bio-mechanics expert who analyzes the movements and assists in correcting if there are any flaws in the existing technique or in some cases when there is a change in the theoretical model he even assists in the relearning process; sports psychologist who helps in enhancing the psychological aspects that play a major role in the performance; the sports engineers who are responsible for the equipments as there has been constant development in this area as well and since all the equipments are now aerodynamic; sportswear expert as well comes into play who are responsible for designing the outfit for the athletes, these days even the sportswear are made aerodynamic so that even the minor factors that may prevent the sportsperson from achieving top performance are eliminated.

Sports training can be summarized as 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.

## **CONCLUSION**

While coaching provides an opportunity to learn, play and enjoy a sport or an activity, teaching equips us with the essential knowledge to play the game within the set frame of rules and regulations or laws of a game or sport and conditioning helps in preparing the body for an event or sport. Training uses all of the above and more to achieved top level performance or peak performance at the time of an event or a competition.