

SUMMARY:

Learning is a continuous process which continues throughout the life of an individual. The ways of imparting this learning and the means through which it is imparted differs from individual to individual and also on the nature of the activity or subject in consideration. Even though the terms coaching, teaching, conditioning and training aim for promotion of learning they are still very different when it usage of the term is to be considered. Since all four of the terms are used in various fields be it theoretical or practical in nature, thus being from the field of physical education and sports the terms have been mostly explained in context to the field of sports. Coaching emphasizes on the principle of sports for all while teaching mainly comprises of class room oriented teaching, conditioning is the process of preparing oneself for a specific sport or event and training is a more specialized area which incorporates all the above three components along with the physical, psychological, technical and tactical components and aims at achieving top level of performance from the trainees.