

FAQs:

Q1. What do you understand by characteristics of sports training?

Ans. The characteristics of sports training refers to the distinguishing features or qualities. It also describes the nature of sports training.

Q2. Define technique.

Ans. Technique refers to the theoretical model of a given skill and comprises three parts namely technique, skill and style.

Q3. What is the aim of sports training?

Ans. The aim of sports training is to prepare a sportsperson physically, physiologically and psychologically for a possible highest performance at the time of the main competition.

Q4. What is the significance of the principle of active participation on the part of the sportsperson?

Ans. When a sportsperson is involved in the planning of the training program and his inputs are also taken then the sportsperson becomes more actively involved and follows the plan more sincerely and meticulously.

Q5. What does the phrase 'sports training is an educational and pedagogical process' imply?

Ans. It implies that the sportsperson develops an all-round personality and becomes capable of attaining high performance.

Q6. Why should a training program follow the principle of individual load?

Ans. As no two individuals are alike as they may differ in their chronological age, anatomical age, training age, training state, physiological and psychological states as well and may respond differently to a given training hence the training program should be individually planned and formulated.

Q7. How does the personality of a sportsperson develop?

Ans. The personality of a sportsperson is very different from common human beings as it develops through the high demands of training and competition on physical, social, physiological and psychological aspects as required by him.

Q8. What is the importance of maintaining a controlled daily routine?

Ans. A controlled daily routine is important in order to do training regularly with best effects and to ensure proper recovery as well.

Q9. Explain tactical preparation of a sportsperson.

Ans. Tactical preparation equips the sportsperson to creatively and intelligently use technical knowledge within the boundaries of the rules and regulations of the competition to achieve high performance.

Q10. Why should a sportsperson have a sports life corresponding to the demands of competitive sport?

Ans. A sportsperson should have a sports life corresponding to the demands of a competitive sport so that he learns to face the high demands of the competition.