

Glossary:

Competitive exercises: It comprises any bodily activity that enhances or maintains physical fitness, overall health and wellness that is specific to a given sport or competition.

Conditioning: It is the process of gradually preparing the body for strenuous physical activity thus focusing attention on development of physical and motor fitness components and indirectly enhancing sports performance.

Coordinative Ability: Relatively stabilized and generalized pattern of motor control and regulation process that enables a sportsperson to do a group of movements with better quality and effect.

Load: The amount of weight (resistance) an athlete is using during exercise execution.

Micro Cycle: The smallest cycle of the training process that ranges from 3 to 10 days meant as the building blocks of the entire training program.

Motivation: It is defined as direction (whether an individual approaches or avoids a situation), intensity (degree of effort) and persistence (how long the person carries on) of behavior of an individual.

Motor Abilities: It consists of physical fitness components such as strength, speed, endurance, flexibility and coordinative ability so as to carry out complex movements related to a specific sport.

Recreation: It is an activity of leisure, or for enjoyment, amusement, fun, or considered to be fun so as to break the daily monotony and to recreate lost vigour.

Tactics: It means intelligent or creative application of skills during a competition.

Training Age: The age of a person in terms of the period or duration of involvement in any training program from the day of joining in days, months and years.