FAQs:

Q1. What are the tasks to be fulfilled in Advanced Training?

Ans. The tasks to be fulfilled in advanced training are:

- further consolidation and strengthening of health
- further development of motor abilities
- mastery of technique
- readiness to undertake task
- development of self reliance on the part of the sportsperson.

Q2. Describe the systematization of sports training in the words of Yuri V Verkhoshansky.

Ans. Yuri V Verkhoshansky in his work 'Organization of Training Process' has described systematization of sports training as '**involving the organization of training stimuli'**.

Q3. Point out the contents of advanced training?

Ans. The contents of advanced training are as follows:

- both general and specific training means are to be applied,
- training means of supplementary sports are applied and
- the ratio between the general and specific means of training should be either 60:40 or 50:50.

Q4. What is consistency of training load?

Ans. *Consistency* of the training load means that it requires an accurate combination and distribution in time of the work loads, so as to ensure the desired effect.

Q5. What is the aim of high performance training?

Ans. High performance training is highly specific and aims to reach optimal performance standard in a chosen sport, which may be comparable to national and international standards.

Q6. List down the categories of sportspersons on the basis of their training age and training state.

Ans. The sportspersons have been categorized by Dr. A.K. Uppal on the basis of their training age and training state as follows:

- Beginner
- Advanced and
- High Performance sportsperson.

Q7. Which stage of training is the longest in the training process of the sportsperson?

Ans. The high performance stage of training being the final stage of training lasts the longest in most of the cases as the beginning of high performance training period depends upon the performance reached in a chosen sport at the end of advanced training.

Q8. What is the purpose of basic training of a sportsperson?

Ans. The purpose of basic training is to lay a strong foundation so as to guarantee the sportsperson proceeds from one stage of training with the help of the strong foundation.

Q9. What is the role of Systematization of Sports Training?

Ans. The **systematization of sports training** plays an important role as it gives direction not only to the coach but to the sportsperson as well about the journey of training that he will undertake. The end of each level of training serves as a check point for both the coach and the sportsperson that whether or not they are heading in the right direction.

Q10. What is the ratio of training means in Basic training?

Ans. The ratio between general and specific training means in Basic Training is 70:30 in favour of general training means.