FAQs:

Q1. What is the classification of loads given by Harre.

Ans. According to Harre loads can be of two types
1. Fatigue producing
2. Non-fatigue producing.

Q2. What are the factors of outer load?

Ans. The factors of outer load are:
1. Quality of movement,
2. Type of physical exercise,
3. Intensity of load and
4. Volume of load.

Q3. How did Dr. A.K. Uppal define training load?

Ans. "Physiological and psychological demands placed on the individual through a motor stimulus (movements) resulting in improvement and maintenance of performance capacity."

Q4. What do you understand by Effort and Performance as given by Aaron Averill?

Ans. Effort is the product of interaction between intensity and duration whereas, performance is the difference between fitness and fatigue of an individual.

Q5. What are the three components of Aaron Averill's exertion count?

Ans. First component is exertion factor of the HR zone, second time spent in that zone and third sport factor.

Q6. Write the meaning of frequency of stimulus.

Ans. The frequency of stimulus also known as frequency of movement or movement frequency is the number of times an exercise or a movement is repeated.

Q7. Write the meaning of "dose-response" relationship.

Ans. The "dose" of training is the physiological stress associated with the training load which is very difficult to be measured while the "response" in this relationship can be measured as a change in performance or the adaptation of a physiological system.

Q8. List down the categorization of load on the basis of its nature.

Ans. According to the nature of training load they are of two types namely, the outer load and the inner load.

Q9. What are the symptoms of inner load?

Ans. Sweating, change in colour of the skin, visible fatigue, loss of concentration, lack of co-ordination, etc.

Q10. What is the principle to adaptive changes?

Ans. The principle to adaptive changes is the axis: homeostasis followed by adaptation stimuli (load) finally leading to adaptation.