

FAQs:

Q1. What creates super-compensation effect in a sportsperson?

Ans. Only high intensity stimulus creates super-compensation effect in a sportsperson.

Q2. What are the types of overloading?

Ans. Overloading is of two types:

- i) Dominance of excitation process.
- ii) Dominance of relaxation process.

Q3. When does the normal development of training state of a sportsperson disturbed?

Ans. The normal development of training state of a sportsperson is disturbed when the physical and psychic daily load of life exceeds the loading capacity of the individual.

Q4. Write any two psychological symptoms of overload?

Ans. The two psychological symptoms of overload are:

- (i) Increased excitability
- (ii) Depression

Q5. When should competitions and trials be avoided?

Ans. When there is overload, competitions and trials should be avoided.

Q6. How many groups can symptoms of overload be divided?

Ans. The symptoms of overload can be divided into three groups viz. psychological, performance and somatic functional symptoms.

Q7. Write any two remedies of overload?

Ans. (i) When there is overload, competitions and trials should be avoided.

(ii) The coach, with the help of friends, colleagues, parents, sports doctor and sports psychologist should make sincere effort to find out the real causes of over loading.

Q8. Define nutrition.

Ans. Nutrition is science that deals with food and its uses by the body.

Q9. What is intensity?

Ans. It is the rate of doing, in other words, it is the pace at which physical activity is done.

Q10. What do you mean by training?

Ans. The word training refers to any organized and systematic instructional process which aims at enhancing man's ability with regard to physical, psychological and intellectual aspects.