

Summary:

Modern sports scientists consider the over loading phenomenon as disturbance in normal nervous activity. Performance in sports is not only matter of muscular on metabolic efficiency but it mainly depends upon the efficiency of the nervous system. When nervous system is disturbed, the optimum utilization of energy and metabolic process also get disturbed. The other systems of the body are also unable to perform to the best of their efficiency. The causes of overload can be within training or outside training. The state of overload is not produced in a day or two, but is a slow process which takes days to crystalize. It is also accompanied by symptoms by which it can be recognized at early stage and remedial measures can be adapted. It has however discussed the causes, symptoms, forms and remedial measures for overload from the view point of exercise physiology. It is cleared that causes of overload are manifold and encompass the total life of the sportsman. Therefore earlier recognition and effective tackling of overload, coach must have as much information about the sportsman as possible. A close contact with the sportsman, a thorough knowledge about his living and working conditions, nutrition, family affairs, health etc. are necessary pre-requisites for prevention as well as for treatment of overload.