

## **FAQs:**

**Q1. Write any two important objective means of judgment of training load.**

**Ans:** The two important objective means of judgment of training load are

- a) Pulse rate during and after activity and
- b) Lactic acid concentration in blood.

**Q2. Which factors should always be considered of the increase or decrease of body weight for judgment of training load?**

**Ans:** The increase or decrease of body weight for the judgment of training load should always be considered in the view of certain factors, e.g. type of training (strength or endurance), age, training state, health diet etc.

**Q3. Which type of training, the intensity zones have been made for the control of the internal load?**

**Ans:** In endurance training, the intensity zones have been made for the control of the internal load.

**Q4. Mention the qualities of a coach for the subjective means of judgment of training load.**

**Ans:** The qualities of a coach are

- a) A coach must have adequate experience.
- b) A coach must understand the personality of the sports person.
- c) A coach must remain vigilant during or after the training activity.

**Q5: What is the relationship between fatigue and load?**

**Ans:** Fatigue is the direct result of load.

**Q6. What do you meant by pulse rate?**

**Ans:** The total amount of heart beat per minute is known as pulse rate.

**Q7. Discuss the intensity of training load.**

**Ans:** It represents the degree of effort made by the sportsperson while performing an exercise. The degree of effort is always considered in relation to time and is equated with the amount of force or energy spent in relation to time.

**Q8. Into how many types can we classify volume of load?**

**Ans:** Volume of load can be classified into duration of stimulus (movement duration) and frequency of stimulus (movement frequency).

**Q9. What are the different means of physiotherapeutic.**

**Ans:** The different means of physiotherapeutic are massage manipulation, sauna, ultrasound therapy, hydrotherapy, electrotherapy etc.