

FAQs:

Q1.What are the changes brought by endurance loads?

Ans: Endurance loads cause numerous changes in the functions and structure of the organism.

Q2.What is the factor on which performance in endurance activities depend on?

Ans: Performance in endurance activities does not depend not only on physiological factors but also on the will qualities of the sportsperson.

Q3.What is the benefit of endurance?

Ans: Endurance is necessary for good quality of sports technique.

Q4.According to the nature of the activity, how many types of endurance can be classified.

Ans: According to the nature of the activity, endurance can be classified into four types.

Q5.Which events are included in the middle time endurance?

Ans:The events of middle time endurance are 1500 meters run, 3000 meters run, few events in swimming and selected combative activities.

Q6.What is oxygen intake?

Ans: Oxygen intake is the amount of oxygen which can be taken into the blood stream from the atmosphere. If oxygen intake is more, then there are favourable chances of achieving higher VO_2 max.

Q7.How does muscle lactate values increased rapidly?

Ans: High lactate values in blood also slow down the removal of lactic acid from the working muscle. As a result muscle lactate values also increase rapidly.

Q8. How can the phosphogen stores be increased significantly?

Ans: The phosphogen stores can be increased significantly through training.

Q9.On what factors does anaerobic capacity depends on?

Ans: The anaerobic capacity depends on the following factors i.e. phosphogen stores, buffer capacity and lactic acid tolerance.