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Performance in Sports

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ABSTRACT

Sport Performance is the matter in which sports participation is measured .Sport Performance is a complex mixture of biomechanical function emotional factor and training techniques. Performance in sports context has a popular connotation of representing the pursuit of excellence where a sports measure performance as a progression toward excellence .There is an understanding in sports that interested in performance the elite level sports interested in simple participation, for purpose such as fitness or weight control are most often recreation in sports

KEY WORD

Definition:

Carrying out of specific physical routines or procedures by one who is trained or skilled in physical activity. Performance is influenced by a combination of physiological and socio-culture factor

Introduction:

Performance the accomplishment of given task measured against present know standers of accuracy. Completeness and speed in a contract performance is deemed to be the fulfillment of an obligation in manner that relies the performer from all liabilities under the contact .Sports performance analysis is the science of creating a record of

performance for team and individual players this is done systematical observing your team and your player during a match or training session with a view to improving game plans, strategies and performance .In addition to these external factor such as playing environment voluntary sleep, emotion and the team environment may also influence sports performance .Training allows the body to gradually build up strength and endurance, improve skill levels and build motivation, ambition and confidence. Training also allows sport to gain more knowledge of their sport as well as enabling them to learn about the importance of having a healthy mind and body. A coach should know as much about his or her sport as possible, because knowledge of the sport is the most important factor in overall coaching success. Such knowledge can be gained through education and experience, but knowledge is more than just knowing rules and regulations. Coaches and other sports leaders must lead by example most of all and must own and demonstrate the same qualities they expect from their team members. Successful sports leaders possess characteristics they want to see in others, such as confidence, discipline and self-control.

Simple way to improve sports performance:

- 1 Keep fluid intake during exercise between 550-800/ml per hour
- 2 Restrict caloric intake to 300 cal/hr during exercise.
- 3 Avoid simple sugars in your fuels; use complex carbohydrates only
- 4 Exercise over two hours requires protein, too.
- 5 Use soy, not whey, during exercise.

Objectives of sports performance:

Sport need multilateral physical development as a training base as well as overall physical fitness. The purpose is to increase endurance and strength, develop speed, improve flexibility, and refine coordination, thus achieving a harmoniously developed body.

- " Physical fitness and skills.
- " Mental alertness.
- " Ethical qualities.
- " Constructive social abilities.
- " Emotional maturity.

Ability Level can become a factor of performance to an sports because to keep

your ability levels high you need to train hard and often. The intensity of your motivation effects how successful you will become. The intensity put it creates our levels which differs between sports. The ability of the body to respond to external stimuli in sport, such as the movement of an opponent requires the development of aspects of the sports motor control. These specific neuromuscular abilities include the feature of reaction time.

The neuromuscular factors that impact sports performance are typically the most comprehensive and represent those aspects of performance that occupy the greatest degree of focus and preparation time. In many sports, no matter how devoted to training the athlete may be, if he or she is not physically equipped to compete, the performance will not improve.

Endurance, which is the ability of the body to perform over time, is essential to success in all sports Flexibility is the counterpoint to muscular strength; the greater the range of motion presents in the joints of a sport person the greater the ability to move dynamically. Speed is built by training that is focused on the development of the fast-twitch fibers of the skeletal muscles Mental control and the related psychological factors in sport performance are reflected in the final result of an sport effort

Discipline is a factor in both practice and games. Undisciplined performance will inevitably lead to error; a failure to adhere to practice schedules by the sport will usually result in substandard performance. Environmental factors are rarely within the sport personal control; the ability of the sprts to adapt to unexpected environmental factors is often determinative of performance success. Equipment will sometimes impact performance Training allows the body to gradually build up strength and endurance, improve skill levels and build motivation, ambition and confidence. Training also allows sport person to gain more knowledge of their sport as well as enabling them to learn about the importance of having a healthy mind and body.

The top characteristics for success in sports to be:

- " That these sport love to play their game or sport.
- " They have a positive attitude in general toward life.
- " They are teachable and coachable.
- " They are self-motivated.

Conclusion:

Sports Performance analysis is an effective discipline which help to optimize individual player and team performance .It is the science of recording that happen in match. The main purpose of sports psychology is to understand the behavior of an sports to modify it according to the demands of situation and to optimize the benefits for elite performance and excellence .Sport is an importance mean so built and develop the character of an individual as well as the community .It built and the sport o friendly competition it provide healthy entertainment it exercise the body it focuses the spirit it create a climate of achievement and it challenge the youth in particular to higher level of performance.

Recommendation

- 1) For best performance in sports, the Aggression level of the sports and players has to be kept at its optimum.
- 2) In the present study, the Achievement motivation of the players is at low and moderate level, which is the limiting factor in achieving excellence.
- 3) It is also recommended that a similar study may be conducted in other sports disciplines which are not included in this study.
- 4) For selection of sport, the coaches must give more preference to the players who have Positive psychological characteristics including their personality.
- 5) A similar study may be conducted in other Psychological variables which are not included in This study.

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