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Importance Of Sports Training

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Abstract

Sports can be a great way to get in shape or stay that way. Having a specific goal can be a great Motivator. Physically, you need strength and endurance. Your training will vary with your sport. You would not train the same way for pole vaulting as for swimming. You might, however, cross train. Cross training simply means that you include a variety of fitness activities in your program. Research shows that cross training builds stronger bones. When beginning a program of exercise one must work first on heart endurance, aerobic endurance then progress to their areas. However before beginning any program both athlete and non-athlete should have a checkup, exercise illness in which case medical advice may be sought children will not damage a healthy heart by exercise when they are tired they stop.

Introduction

Sport training our scientifically base and pedagogical organized process which through planed systematic effect on performance ability and performance really nice I am at sports perfection and performance improvement as well as the contest in sport competition. Training is the process of preparation for some task "sport training is a pedagogical process based on scientific principles aiming at preparing sportsman for higher performance in sport competition" Training does not make a person muscles born. Who is an observed expression but assembly it returns to those who train for bodybuilding incredible physical dimension only occur with wealth deliberately set out to Hypertrophy the size of various muscles. Normal exercise programs do not have their effect. In fact by reducing fat around the muscle and improving muscles .

Aims of sports training-

Sports training AIMS at improving the performance of sports person the sport performance depend on several factor like constitution, condition, technique / co-ordination, tactics and personality.

Methodology -

Training mean are various physical exercises and other object, method and procedure which are used for the improvement maintenance performance capacity and performance rediness. Any material, which can be used to achieve the am called training means.

Training Method	Training Effect
Prepay means of training physical exercise General exercise , Special exercise , competition exercise	Physical fitness technical skill, tactical, efficiency, physics factor, and relaxation
Additional Method Training	
Pedagogical Means : Demonstration , Explanation , Verbal Instruction, Task of observation study , Lectures, discussion	Movement concept, feedback knowledge method abilities achieve participation interest motivation personality
Medical and Physiotherapeutic	
Nutrition , Massage , Hygienic measurer , Physic therapy, Biochemistry	Healthy recovery and relaxation prevention prom infection Rehabilitation judgment of load recovery assessment of training effect
Physiological Method	
Ideo motor training , Autogenous training , Psycho-tonic theory	Technical skill technical efficiency recovery relaxation behavior control removal of psychic preparation
Bio-mechanical	

1. Cinematography 2. Measuring devices	Technical skill assessment feedback figuring bio-mechanical aspect of sport moment
Natural Light, air, water Weather condition Attitude	Health resistance against infection and disease physical fitness

Result-

For getting best possible result planning is essential in all activities, planning is the process of meaning and modifying a plan. Planning is an important method to ensure continuously development of personality and sports performance in the age of high performance

Discussion-

Training is complex scientific process its effectiveness depends upon several factors. The discussed here are mainly for use of coaches of sport teachers

Conclusion-

Preparation of the sportsman for the main competition is a very important part of the total preparation of the sport man. Physiological preparation aims at enabling the sport man to participate in the competition with an optimum physical state. It involves other minor things like discussion psycho-regulative procedure. Numerous types of fitness training exercises and regimens can improve performance in sports. The correct combination of activities should build the fitness components that are key to high performance in each specific sport. Short bursts of speed for basketball tap different energy systems than long, sustained marathon running, so the exercises and other variables must be manipulated to fit either type of training.

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