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## *Lakhisarai*

### *Sub. Physical edu. , Class 11th*

#### **BASED ON NCERT**

##### **10.1 Meaning and concept of sports training**

Training has been referred to as a systematic exercise of effort for a considerable time, to develop ability to face greater load, specially for competitions. Sports training provides the other with the basic means to adapt to his particular stressor, through controlled exercise. This adaptation on the part of an athlete's body answered, that his body is prepared for a greater load, This process is called training.

**Concept of Training :** Training for achieving something of for competition is not a new idea, with the passage of time, more time and efforts are being devoted to training of preparation for competitions, with the invention of new techniques every now and then in the field of athletics, weight training methods has shown very encouraging results.

Training for any game or event has become very technical and a scientific approach is needed to get the desired results.

##### **10.2 Principles of Sports Training**

The principles of sports training are as following :

1. Principles of continuity
2. Principle of over load
3. Principle of Individual Differences
4. Principle of general and specific preparation
5. Principle of progression
6. Principle of specificity
7. Principle of variety
8. Principle of warming up and cool down
9. Principle of rest and recovery.
10. Warming up and Limbering Down

**10.3 Warming up:** It is a short term activity carried out prior to any severe or skilled activities. Warming up is an essential before a competition. Through such a workout we try to bring the group of muscles expected to take part in the activity to follow. It is primarily preparatory activity in which physiological and Psychological preparation of an athlete is done for the main activity.

- Types of Warm up:     (1) General Warm-up  
                                  (2) Specific warm-up



### Limbering down or cooling down :

At the end of the training session or competition, athletes are normally advised to cool down. This is done normally in the shape of a light but continuous activity such as jogging or walking for some time at the end of the event. Such an activity after the competition of an event is called limbering down or cooling down.

### 10.4 SKILL, TECHNIQUE AND STYLE

- (i) Skill is an element of performance that enables the performer to do a large amount of work with little effort. The apparent visible ease of muscular work indicates a skillful movement or performance. In other words it can be said that skill is the ability to do something well. Skill that are unnatural and complex can be learned more easily if the different elements in the movements can be separated and learned by parts.
- (ii) Technique  
It means the way of doing a particular task scientifically. This way of doing a thing should be based on scientific principles and be effective in achieving an aim. It is a basic movement of any sports or event. We can say that a technique is the way of performing skill.
- (iii) Style  
It is the manner of doing something that is characteristics of a particular person or pattern. It may or may not be based on sound principles. A style of doing a movement, if perfect, looks graceful and appealing. It is an individual's expression of technique in motor action, therefore each sports person due to his specific physical and biological capacities realize the technique in different way. symptoms of over load and how to overcome it.

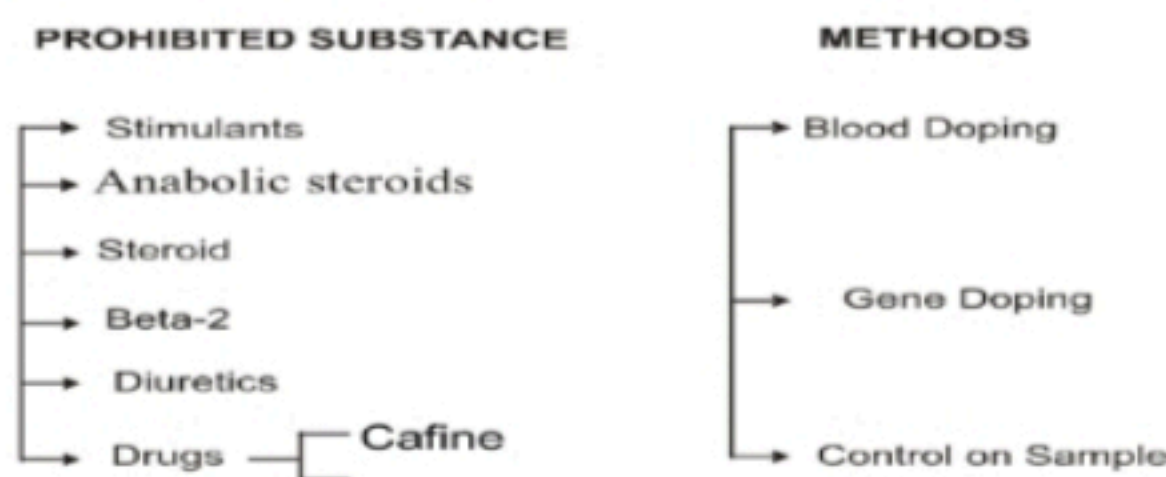
**10.5 (a) Meaning of Doping :** When an athlete uses banned substances or methods to improve performance in sports it is called as doping.

**Example:** Drugs and steroid used.

**(b) Concept of Doping :** 'Doping' is the word, which is used in the field of sports, when athletes use prohibited substances or methods to unfairly improve their sporting performance. In general way, doping is the use of performance enhancing substance or methods by sports person to gain an advantage over their competitors. In fact, some sport person take illegal substance to enhance their performance. The activity is known as doping.

The use of banned performance enhancing drugs in sports is commonly referred to as doping. The use of drugs are considered unethical by most international sports organisations. The anti doping authorities state that using performance enhancing drugs goes against the "spirit of sports".

#### Prohibited Substances Methods



#### Doping Controlling Agencies-

WAdA-World anti doping agency

NADA-National anti doping agency.

### 10.6 Prohibited Substances and Methods

S. No.	Substances	Side effects
1.	Stimulants	Cause insomnia, anxiety and aggression. It directly effects the central Nervous system (CNS) and cardio vascular system.
2.	Narcotics	Loss of balance and co-ordination, cause drowsiness, vomiting, Constipation. It may cause fainting.