

PRINCIPLES OF TRAINING

Training should be matched to the individual needs of the performer. When designing a training programme, the principles of Training should be applied.

SPECIFICITY



Training programmes must be specific to the chosen activity.

Tailoring training to the needs of performers will ensure that they train the correct muscles and body systems for their chosen sport. For example, the training needs of a marathon runner will be different from those of a sprinter.

PROGRESSIVE OVERLOAD



To improve and to continue to develop, a training programme must gradually be made more difficult.

As a performer becomes fitter, the training programme needs to be made more difficult to ensure fitness gains continue.

The increase in intensity must be gradual because increasing the intensity too quickly can increase the risk of injury.

FIT



To become fitter, you must progressively work your body harder than normal. This can be achieved by applying the FIT principles.

Frequency – how often you exercise

Intensity – how hard you exercise

Time – how long you exercise for

Type – how your training matches your chosen activity

REST AND RECOVERY



REST is the time allowed for recovery.

RECOVERY is the time required to repair damage caused during exercise.

Rest must be included in any training programme to allow the body time to recover, repair and adapt. A recovery period enables the performer's body to adapt to the stress placed upon it during exercise. Important elements of rest and recovery include sleep, good nutrition and hydration.

REVERSIBILITY



Fitness improvements that you stop training will soon drop.

If you train, your muscles get bigger (hypertrophy). Alternatively, if you stop training, your muscles get smaller (atrophy).

Although rest periods are an essential element of recovery, extended rest periods result in a reduction of physical fitness at a rate much higher than it was achieved – if you don't use it, you lose it!

Remember!

To avoid injury, all training programmes should include a full warm-up and cool-down.

Principles Of Sports Training

Reena Kar,Tushar Shukla



Principles Of Sports Training:

Principles of Sports Training Dietrich Harre,1982 Trainingslehre Trainingsmethode DDR Trainingsplanung

Scientific Principles of Sports Training Dr. A.K. Uppal,2021-05-17 All activities which are part of human behaviour were subject to a long term development The result of the activity in both examples can be considered a performance Performance is understood as an extent to which motor task is accomplished In the case of the athlete performance is evaluated following rules of the sports discipline which were set in advance it is expressed by the length of the throw and is understood as a sports performance An ability to achieve a given performance repeatedly is referred to as efficiency Sport training is understood as a process of systematic development of each component in dependence on the duration of preparation which leads to achieving maximum efficiency in senior age within the selected sports discipline Sports training focus on cultivating the athlete s personality further it focuses on systematic development of motor abilities and the process of acquiring motor skills within the specific sports discipline It is implemented at different performance and age levels Features of sports training can be found in various forms The aim of sports training is to achieve maximum individual or team efficiency in a selected sports discipline limited by rules To develop the physical education culture it is essential the concept of sports training should be familiar to physical education teachers and coaches Knowing the principles of sports training alone is not enough teachers and coaches should be well versed with the methods and means of sports training so that this knowledge can be successfully applied on the field The personality and professional knowledge of the coach teacher trainer or instructor play a crucial part in the quality of sports training implemented Therefore to meet this principle the coach must be able to integrate pieces of knowledge across the fields like anatomy physiology biomechanics psychology sociology theory of motor learning and didactics The subject of sports training is highly dynamic in nature As a result of constant research new knowledge is being evolved which in turn can be effectively utilized to enable sports persons to enhance their performance capacity and readiness of performance During the recent years some literature in this area has been produces but much of the literature reflects communistic philosophy Therefore there is a dire need to bring out a book on this topic to meet the demand of the students of physical education courses *Principles Of Sports Training* T.K.

Narasimham,2009-01-01 **Principles of Sports Training** Dietrich Harre,1982 *Principles of Sports Training* Patrick Clinton,2018-02-14 Sports training refers to the enhancement of skills for physical activities and sports in particular Different types of sports require different types and levels of training Athletes spend a major share of their time practicing routines in order to perform their best Different approaches evaluations methodologies and advanced studies on sports training have been included in this book It will prove immensely beneficial to students and researches in this field *Sports Training Principles* Dr. Frank W. Dick O.B.E.,2014-12-11 This is the fully revised sixth edition of this ultimate reference tool for all coaches responsible for training athletes to fulfill their performance potential Written by world renowned and highly sought

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Principles and Basics of Advanced Athletic Training Vladimir Issurin, Michael Yessis, Ultimate Athlete Concepts, 2008

Sports Training Principles Frank W. Dick, 1997 Written by the President of the European Athletics Coaches Association this book provides a reference on training theory and practice for all who accept and pursue responsibility for developing athletes to fulfil their performance potential

Scientific Principles of Sports Training, 2018 Sports Training Dr. A. K. Uppal, 2020-09-03 To develop the physical education culture it is essential the concept of sports training should be familiar to physical education teachers and coaches Knowing the principles of sports training alone is not enough teachers and coaches should be well versed with the methods and means of sports training so that this knowledge can be successfully applied on the field The personality and professional knowledge of the coach teacher trainer or instructor play a crucial part in the quality of sports training implemented Therefore to meet this principle the coach must be able to integrate pieces of knowledge across the fields like anatomy physiology biomechanics psychology sociology theory of motor learning and didactics The subject of sports training is highly dynamic in nature As a result of constant research new knowledge is being evolved which in turn can be effectively utilized to enable sports persons to enhance their performance capacity and readiness of performance I hope the book Sports Training which is based on my earlier books Science of Sports Training and Principles of Sports Training would provide latest scientific knowledge to the physical education students and teachers The book is written for the students of physical education courses which are based on the prescribed syllabus of NCTE The purpose to the book is to provide relevant text for the students and to lay the framework for a discussion of the relative significance of a sports training The presentation of the book is simple and language is very fluent and easy to understand I am sure that the content of the book will not only be useful for the students of physical education but also for researchers teachers and for those who are really interested to know about it

Modern Principles of Athletic Training Carl E. Klafs, Daniel D. Arnheim, 1977

Sport Physiology for Coaches Brian J. Sharkey, Steven E. Gaskill, 2006 The authors explain the principles of muscular and energy fitness training and describe the step by step procedures to follow in applying

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