

THE THEORY OF SPORT TRAINING


BASIC PRINCIPLES

Lesson 1

INTRODUCTION

- ✘ Subject – Sport training- integrated subject
 - human disciplines
 - medical science
 - natural science
 - social science
 - technical science
- ✘ ST – pedagogical process

HISTORY

- × Old Greek games
- × Milon – wrestler, Philostratus
- × Roma Empire - gladiators
- × Sport movement – England
- × First research on the field of PA
- × Science  new theory of ST,
General Adaptation Syndrome – H.Seley

THE AIM OF THE ST

× The of focus of ST:

- ST for maintaining or improving the health
- ST as a training process for competitors, performance improving

THE AIM OF THE ST

- × **The aim of competitive sport**
To reach the individual highest performance in chosen sport or discipline with the help of specific development of athlete
- × **The task of ST**
 - to learn skills and to develop the ability to use these skills during competition
 - the development of motor abilities during fitness preparation
 - the development of mental side of athlete

SPORT TRAINING

- ✘ What is it?
- ✘ Complicated, effectively organized process of the athlete specific performance development in the chosen sport.
- ✘ Process with two main variables – time
 - content

SPORT TRAINING

- ✘ ST has to be very good organized and planed process
- ✘ ST is long term process of the specific performance development
- ✘ ST is the specific process in the chosen sport or discipline

SPORT PERFORMANCE

- ✘ The ability to perform on good individual level repeatedly for longer time interval
- ✘ Product of the long time training process

FITNESS, CONDITION, PHYSICAL FITNESS, SPORT-SPECIFIC FITNESS

- ✘ The complex level of athletes preparedness, it is the contemporary rate of adaptation to the demands of concrete sport specialization.
- ✘ Fitness must precede the sport performance
- ✘ Fitness – about quality of motor abilities

SPORT SHAPE (FORM)

- ✘ The state of optimal specialized preparedness for competition, during which the athlete is able to perform on the maximal individual level
- ✘ Sport shape corresponds to fitness level, performance
- ✘ What time interval can the athlete hold max. sport shape ?

NEGATIVE STATES DURING ST OVER REACHING

- ✘ Shorter state after competition, race or very demanding training load
- ✘ Usually after one-shot great effort
- ✘ Symptoms: extreme exhaustion, lethargy, weak, higher HR, headache, vomiting, lower blood pressure, muscle pain, short pain in the area of heart, disturbing sleep, loss of appetite

NEGATIVE STATES DURING ST OVER TRAINING

- ✘ General negative health state of sportsman
- ✘ For longer time decrease of performance and fitness
- ✘ Serious health state
- ✘ Imbalance of load and recovery , bad and slow regeneration, recovery
- ✘ Symptoms: long term fatigue and weakness, higher rest HR, headache, lower blood pressure, pain or press in the area of heart, loss of appetite, loss of weight , bad biochemical parameters

OVER TRAINING

Psychological symptoms and consequences:

- ✘ lethargy, disturbing sleep for long time, nervousness, aversion to the training, bad mood, higher irritate, bad mood for long time