

---

## UNIT 12

### TRAINING IN SPORTS

#### **Key Points :**

- Strength—Definition, Types and Methods of Improving Strength—Isometric, Isotonic and Isokinetic.
- Endurance—Definition, Types and Methods of Develop Endurance—Continuous Training, Interval Training and Fartlek Training.
- Speed—Definition, Types and Methods of Develop Speed—Acceleration Run and Pace Run.
- Flexibility—Definition, Types and Methods to Improve Flexibility.
- Coordinative Abilities—Definition and Types.

**12.1 A.** Sports performance are to be achieved in sports competition.

**B.** When we take part in games and sports we try to perform our best and our performance directly depends upon many factors.

**C.** Basically, the performance of the sportsman depends upon strength, endurance, speed flexibility and coordination abilities.

**D.** Sports training is done for improving these factors and ultimately our performance.

**12.2** When an individual exerts muscular force against resistance in games and sports, it is called his or her strength.

**12.3** When an individual perform under the condition of fatigue for a long time, it is called his or her endurance.

**12.4** In games and sports, when an individual performs a movements quickly, it is called his or her speed.

**12.5** Flexibility is the range of movement of the joints of a sportsperson.

**12.6** The ability of an individual to do various related activities smoothly and efficiently is known as coordinative ability.

---

