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## Effects of training for preventing injuries in sports

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### Abstract

This paper tries to explain the importance of training in the performance of an athlete. The significance of sports/games is recognized all over the world, as they make the individuals physically and psychologically fit, and release the stress and strain and keep them healthy. Many studies reveal that stress and strain and sedentary life are the root cause for many diseases. Hence sports/games must be included in every one's life. Unless these sports/games are practiced under the supervision of trained professionals, the players may become victims of injuries. Certain injuries may even cause serious damages which are irreversible, and spoil the sports career of an athlete. Sometimes the damage may be so serious that it may cause physical disability also. Hence it is highly essential for every sports person to be trained to start an event.

**Keywords:** Training, preventing, injuries, recognized, root

### Introduction

Training is a systematic and organized procedure, by which people learn knowledge skill and ability for a definite purpose. Training improves, changes, moulds the individuals knowledge skill, behaviour and attitude of an individual towards the requirements to perform an event /to achieve a goal. Training gives confidence and enables the individuals to take right decisions at right time and in the right direction. Injury rates could be reduced by 25% if athletes took appropriate preventative action. The major outcome of training is learning. A trainee learns new habits, refined skills, and useful knowledge during the training that helps him/her improve performance.

There are two types of imparting training on the field and off the field.

Under the first method, an individual learns the do's n don'ts of a particular game while playing the game and accordingly mould him/her for the game. In the second method there are separate training centres for imparting training before they perform. It refers to training that occurs away from the event setting in the gym where the athlete improves on strength, speed, agility, power, balance, and cardiovascular conditioning which then translates to improved performance during competition.

### Types of training in physical education

#### 1. Circuit training

It is a form of conditioning combining resistance training and high-intensity aerobics. It is designed to be easy to follow and target strength building as well as muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for another circuit. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise.

#### 2. Conditioning

Constant training will re-shape your body to suit the method of physical exercise. Stronger/faster muscle movements and a dense bone structure are conditioning.

#### 3. Endurance

Strength endurance is used to develop the athlete's capacity to maintain the quality of their

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muscles' contractile force. All athletes need to develop a basic level of strength endurance. Examples of activities to develop strength endurance are - circuit training, weight training, hill running, harness running.

#### 4. Flexibility

Flexibility is being able to move without being restricted by the tightness of your muscles and joints. Everybody's level of flexibility is different. It depends on their lifestyle and body makeup. For example if you work at a sit-down job, where you're on the computer all the time you're likely to have tight muscles.

#### 5. Overtraining

Overtraining is a physical, behavioral, and emotional condition that occurs when the volume and intensity of an individual's exercise exceeds their recovery capacity. They cease making progress, and can even begin to lose strength and fitness. Overtraining is a common problem in weight training, but it can also be experienced by runners and other athletes.

#### 6. Plyometric training

It is a type of exercise training designed to produce fast, powerful movements, and improve the functions of the nervous system, generally for the purpose of improving performance in sports. Plyometric movements, in which a muscle is loaded and then contracted in rapid sequence, use the strength, elasticity and innervations of muscle and surrounding tissues to jump higher, run faster, throw farther, or hit harder, depending on the desired training goal.

#### 7. Proprioceptive

It is an automatic sensitivity mechanism in the body that sends messages through the central nervous system (CNS). The CNS then relays information to rest of the body about how to react and with what amount of tension. Human beings "train" for proprioception in the quest for efficient everyday movements. Proprioception is unconscious initially, but can be enhanced with training.

#### 8. Speed training

This means your athletes could be much faster than they are right now. And they will be, once you start applying the information I'm going to share with you. But, you must commit to maximizing the untapped ability lying dormant in each of your sprinters. Otherwise, it's not going to work. Because there's a big difference between running fast and sprinting. In fact, your understanding of this simple distinction is the first step in the evolution of your program.

#### 9. Strength training

It is the use of resistance to muscular contraction to build the strength anaerobic endurance and size of skeletal muscles. There are many different methods of strength training, the most common being the use of gravity or elastic/hydraulic forces to oppose muscle contraction. See the resistance training article for information about elastic/hydraulic training, but note that the terms "strength training" and "resistance training" are often used interchangeably.

#### 10. Technique

It is the manner and ability with which an artist employs the technical skills of a particular art or field of endeavor. Techno - skill of doing (Greek)

Method of performance; way of accomplishing Technical skill; ability to apply procedures or methods so as to affect a desired result.

The way in which a (usually skilled) process is, or should be, carried out.

The body of specialized procedures and methods used in any specific field.

#### 11. Warm up

Research indicates that warming up better prepares the body for sport performance and can help decrease the risk of injury. This is achieved by increasing the force that is required to strain/tear a muscle. The process of warming up has several physiological effects: increase muscle temperature increase blood flow to the muscle therefore increase O<sub>2</sub> uptake metabolic activity of the muscle increase efficiency of neural pathways used in soccer which leads to increase muscle coordination psychological benefits.

#### 12. Weight training

Strengthening highly susceptible muscle groups such as the lower back and hamstrings, the shoulder rotator cuff complex and the quadriceps muscles that control knee joint function could provide performance benefits in the absence of primary strength, power or endurance gains. Keep this in mind when weight training for a sport for which you may not initially consider weights to be an advantage. Endurance running, cycling or swimming might be example Summing up, weight training programs should be prepared specifically for individuals taking into consideration the sport, the role -- in team sports for example -- or the specific event within a sporting discipline such as track and field or swimming or gymnastics. I trust the above information provides a good start.

#### Conclusion

Training is important in learning the methods of performing an events, increasing the abilities in performance, Do's and Don'ts of the event, avoiding and preventing the accidents or injuries. Many studies were conducted by the researchers and advised that increase in training should be matched with increases in resting, avoid training when tired, stop your training, if you experience pain when training, and stay away from infectious areas when training or competing very hard. There must be sports man spirit in players and healthy competition among the players which is lacking in many competitors now days. Sports competitions should not create stress in the minds of players. Instead they should relieve them from the stress. I wish all the sports men/women a very good luck in their future endeavours.

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