

# **THE THEORY OF SPORT TRAINING**

## **BASIC PRINCIPLES**

### **Lesson 1**

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# INTRODUCTION

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

# HISTORY

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- × 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

# SPORT TRAINING

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

# SPORT TRAINING

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- ✘ 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

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

# **FITNESS, PHYSICAL FITNESS, SPORT-SPECIFIC FITNESS**

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- ✘ 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 – level of motor abilities

# SPORT SHAPE (FORM)

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- ✘ 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
- ✘ What time interval can the athlete hold max. sport shape ?



# NEGATIVE STATES DURING ST OVER REACHING

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- ✘ 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

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- ✘ 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

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## Psychological symptoms and consequences:

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