

## CHAPTER 10 training & doping in sports

### TRAINING IN SPORTS

#### Meaning and concept of sports training

Training has been referred to as a systematic exercise of effort for a considerable time, to develop the ability to give greater loads, especially for competitions. **Sports training provides the athlete with the basic means to adapt to his particular stressor, through controlled exercise.** This adaptation on the part of an athlete's body answered, that his body is prepared for a greater load, This process is called training

**Concept of Training** :- Training for achieving something of for competition is not a new idea, with the passage of time more time and efforts are being devoted to training of preparation for competitions, with the invention of new techniques every now and then in the field of athletics, weight training methods has shown very encouraging results.

Training for any game or event has become very technical and a scientific approach is needed to get the desired results.

#### Principles of Sports Training

**The principles of laws of sports training as follows:-**

1. Principles of continuity
2. The principle of overload
3. The principle of Individual Differences
4. Principles of general and specific preparation
5. Principles of progression
6. Principles of specificity
7. Principles of variety
8. The principle of warmup and cool down
9. Principles of rest and recovery.
10. Warming up and Limbering Down

**Warming up:** It is a short-term activity carried out prior to any serious or skilled activities. Warming up is an initial for a competition. Through such a workout we try to bring the group of muscles expected to take part in the activity to follow. It is primarily preparatory activity in which physiological and psychological of an athlete for the main activity



Fig: Warm up

### Types of Warm up-

- (1) General Warm-up
- (2) Specific warm-up

### Limbering down or cooling down:-

At the end of the training session or competition, athletes are normally advised to warm down. **This is done normally in the shape of light but continuous activity such as jogging or walking for some time at the end of the event.** Such an activity after the competition of an event is called limbering down or cooling down.

**Meaning of Doping:-** When an athlete uses banned substances or methods to improve performance in sports it is called doping.

**Example:-** Drugs and steroid used.

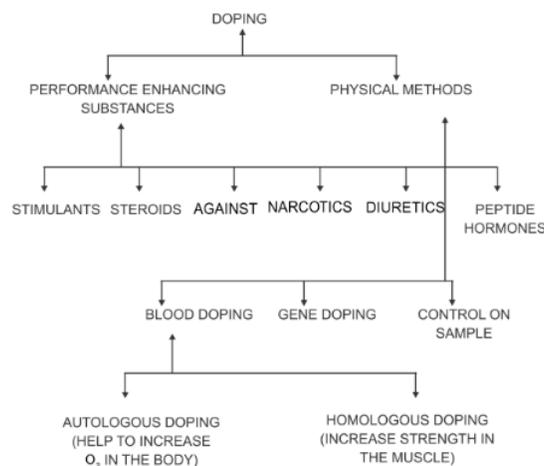
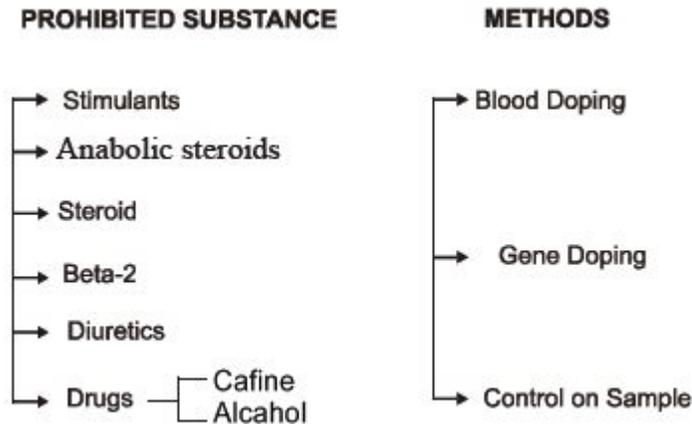


Fig: Classification

## Prohibited Substances Methods



## Dealing with alcohol & substance abuse

- **Cocaine and Alcohol:** When someone abuses cocaine and alcohol you're mixing something that's considered a stimulant (cocaine) with a depressant (alcohol). Depending on the person this can lead to reduced effects from both substances, or heightened effects. With that being said, when you take cocaine and alcohol together it can increase your chances of experiencing heart-related issues or death.
- **Alcohol and Opioids:** It's no surprise that America is facing a troubling opioid epidemic, and alcohol is one of the substances often combined with opioids like heroin and prescription pain medicines. Both alcohol and opioids are depressants of the central nervous system, making this an incredibly dangerous combination. When you take opioids and alcohol together, it can slow your respiration and central nervous system functionality to the point that you overdose and die, much more quickly than if you just took alcohol or just took opioids alone.
- **Alcohol and Other Prescription Drugs:** There are many other prescription drugs that are very dangerous when paired with alcohol. For example, sleep medicines, sedatives and anti-anxiety medicines can all lead to death when mixed with alcohol.