

Q. What is overload?

Ans. During training of sports persons, load is given to the players according to their capacity. Whenever this load goes beyond the capacity of an individual the physiological and psychological functions get disturbed, it is called overload.

Q. What is adaptation process?

Ans. Adaptation is defined as the adjustment of physical and psychological functional systems to the training load.

Q. What is recovery?

Ans. Recovery is the ability to meet or exceed performance in a particular activity. Recovery may include an active component (such as a post-workout walk) and/or a passive component (such as a post-workout hydrotherapy treatment).

Practice Question

Q. Explain in brief the meaning and concept of sports training.