



Sports Training Session: Pedagogical Dimensions and Perspectives

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Abstract

Sports pedagogy is the study of methods and styles of teaching in sports to improve the performance level of trainers for better results in stiff competitions. This thematic paper focuses on advanced pedagogical approaches of sports training sessions with special reference to physical fitness models. In this paper physical fitness components i.e. strength, endurance, speed, flexibility and agility are taken into consideration with special reference to ball game players. Pedagogical dimensions and perspectives of sports training sessions are discussed in general and particular to various models of physical fitness components. Further, recent trends of sports training sessions are briefly discussed for better understanding of task and proper implementation of recent trends in sports training session. This paper concludes that pedagogical advancement is very necessary in sports training sessions with regard to competitive sports. It is the duty of teacher education institutions to equip their trainees for practice of advanced pedagogical approaches for better results in sports. On other hand, coaches, sports scientist, sports trainers and sports managers are required to equip themselves with latest researches and their own experiences for implementation of advanced pedagogical approaches in sports training.

Keywords: Sports, pedagogical, dimensions, perspectives, session.

Introduction

Sports training is very essential and important process in competitive sports which helps to develop the athletes and enables them to perform at peak level in sports competitions. Other important areas with regard to sports performance such as sports sciences, sports management, sports infrastructure and sports equipment revolve around the process of sports training. Sports training is systematic and scientific process of physical exercises implemented by coaches and trainers on athletes or players as per the demand of their event and game through sports training sessions. Sports training session is an important unit of sports training programmes. Singh¹ defined that, “sports training session is the smallest unit of the training process. In training session actual implementation of training process takes place. Therefore, the success of sports training depends on well planned and well implemented training activity in the training session”. Nowadays, sports training sessions are highly specific, intensive, complex and help for consistent top performance in competitive sports. Trainers, coaches, sports scientist and managers adopted advanced pedagogical approaches for improvement among their trainees. Sports pedagogy is the study of methods and styles of teaching in sports. Haag² defined sports pedagogy, “as a theoretical field of sports science that deals with possibilities and boundaries of education through sports. It includes a wide variety of factors that are important for the teaching-learning processes in sports.” Literature reveals that sports training programme become more successful with blend of advanced pedagogical approaches. Sidentop³ defined that, “sport pedagogy is the study of the process of teaching and coaching of the outcomes of such endeavours and of the content

of fitness, physical education and sport education programme”. Pedagogical approaches and methods have very wide range but in this paper attempt has been made to discuss the pedagogical dimensions and perspectives of sports training session with special reference to physical fitness models of ball (football, hockey, basketball, volleyball and handball) players. Sports skills and sports strategies designed with advanced pedagogical approaches prove helpful to athletes for podium finish⁴⁻⁶.

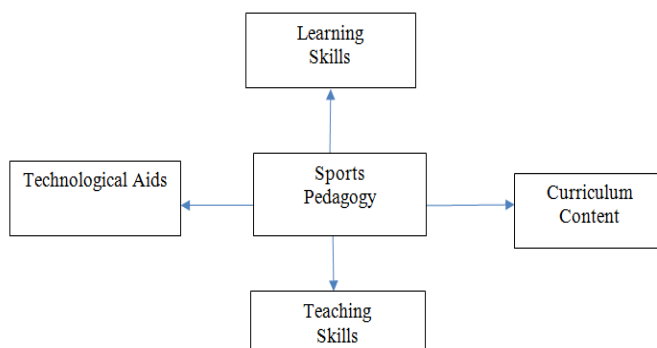


Figure-1

Dimensions of Sports Pedagogy

Physical fitness is a basic area in competitive sports. Sports coaches and trainers focussed on physical fitness components to improve and develop maximum fitness level among players as required for an event or game. Kent⁷ defined that, “physical fitness is the ability to function efficiently and effectively, to enjoy leisure, to be healthy, to resist disease and to cope with emergencies situations. Health related components of physical fitness include body-composition, cardiovascular fitness,

flexibility, muscular endurance and strength. Skill related components include agility, balance, co-ordination, power, reaction time and speed. The relative importance of each of the components varies for each sport. Physical fitness is not only sports specific; it may also be position specific.” Physical fitness is the presence and utilization of physical fitness components in training and competition settings by players and sportspersons. Davis et al.⁸ viewed that, “the concept of physical fitness, in general athletic terms, means. The capability of the individual to meet the varied physical and physiological demands made by a sporting activity, without reducing the person to an excessively fatigued state.” Sports training and its sessions played key role for top level performance in competitive sports. Keeping in mind the importance of pedagogical approaches and sports training sessions, this thematic paper focuses on advanced pedagogical approaches of sports training sessions with special reference to physical fitness models. In this paper physical fitness components i.e. strength, endurance, speed, flexibility and agility are taken into consideration for elaboration of their models with special reference to ball game players.

Planning of Sports Training Sessions

For conducting sports training sessions of physical fitness components, there are some prerequisite. Age, sex, rest, sleep, periodization, equipment and climate conditions need due considerations for effective sports training sessions. Singh¹ suggested that training session needs to be divided into three parts i.e. introductory part (warm up), main part (training of fitness components, specific skills and tactical aspects) and concluding part (bringing down the functioning level of body). Further he explained that organization of class function, class activity and principles of teaching and training need special attention while conducting the sports training session of physical fitness. The sports training sessions mainly divided into warming up, main phase and warming down parts. Each part has its own importance.

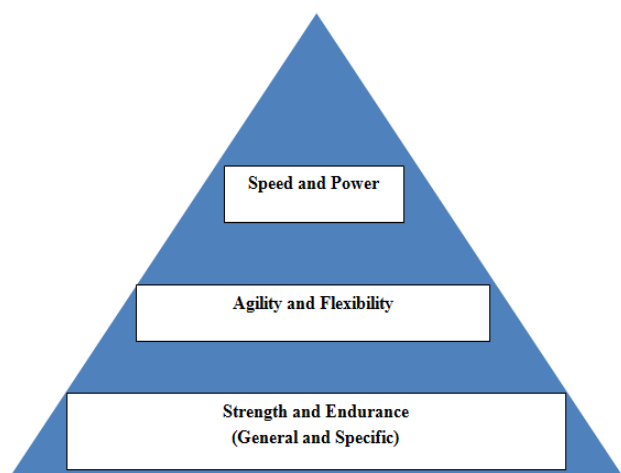


Figure-2
Pyramid of Physical Fitness Components

Generally, warming up part is given 15 to 20%, main phase is given 60 to 70% and warming down is given 10 to 15% of total time. Total 90 minutes of sports training sessions are recommended by experts as per the nature of event and game. Mostly, six days of week from Monday to Saturday are training days and Sunday is for complete rest. Further, each day is reserved for specific type of training in six days i.e. Monday, endurance training with agility; Tuesday, strength training with power; Wednesday, endurance training with flexibility; Thursday, strength training with power; Friday, endurance training with agility and Saturday strength training with speed. Further, some development models of physical fitness and its components are given below and briefly elaborated as per need of the study.

Strength Training Sessions: Strength training is the ability of muscles to overcome the resistance or to act against resistance. Dick⁶ defined that, “strength or the ability to express force, is a basic physical characteristic that determines performance efficiency in sport.” Strength is mainly divided into three type i.e. maximum strength, endurance strength and explosive strength.

Model-1: Weight Training for 40 to 50 minutes: i. Strength Endurance: Repetitions 20 to 30 - Set 2 to 3 - Intensity 30% to 40%. ii. Maximum Strength: Repetitions 2 to 5 - Set 3 to 5 - Intensity 85% to 95%. iii. Explosive Strength: Repetitions 6 to 10 - Set 2 to 3 - Intensity 50% to 80%

Model-2: Body Weight Exercises for 40 to 50 minutes with Own and Partner’s body weight: General Strength : Repetitions 10 to 20 - Set 2 to 3 - Intensity 40% to 60%

Model-3: Plyometrics Training for 40 to 50 minutes with hurdle and box jumping: Explosive Leg Strength: Repetitions 6 to 10 - Set 4 to 6 - Intensity 40% to 60%

Model-4: Elastic Bands Training for 30 to 40 minutes: Explosive Strength: Repetitions 6 to 8 - Set 2 to 3 - Intensity 50% to 70%

Endurance Training Session: Endurance is the ability of players to work for a longer time without fatigue. Kent (2006) opines that, “Endurance is the ability to sustain a specific activity for a long period of time. Endurance has main component that differ in the contribution they make to different types of activity.” Endurance is the basic ability which helps athletes to work for longer time. Tomilson¹⁰ explained that, “endurance is the time for which a specified power output, force or speed of movement can be maintained.” Further endurance is divided as basic, general and specific endurance for short, medium and long duration.

Model-1: Continuous Running: General Endurance: Repetitions 1- Durations 30 to 40 Minutes Run

Pulse Rate 140 to 160 beats per minutes - Distance around 8 K.M.

Model-2: Extensive Interval Training: General and Specific Endurance: Repetition 2 to 3 - Duration 6 to 10 minutes run and active rest - Pulse Rate between 140 to 160 beats per minutes. Distance around 2400M in one repetition and incomplete recovery for 2 to 3 minutes in-between each repetition.

Model-3: Intensive Internal Training: Speed Endurance: Repetition 6 to 8 - Duration 60 to 90 Seconds - Pulse rate in-between 160 to 180 beats per minutes. Distance around 400 meters and incomplete recovery of 1 to 2 minutes in-between repetitions.

Speed Training Session: Speed is the ability of players to do motor action with high speed in minimum time. Dick (2006) defined that, “the speed is the capacity of moving a limb or part of the body’s lever system or the whole body with the greatest possible velocity.” In modern competitive sports, speed is considered among most important components which are required for international level performance. Further speed is divided into reaction speed, acceleration speed, loco motor speed, speed endurance and movement speed.

Model-1: Repetition Method: Speed: Repetition 12 to 16 - Sprints for 5 to 60 meters run- Intensity 100% - Complete recovery in-between repetitions.

Model-2: Intensive Interval Method: Speed Endurance: Repetitions 10 to 20 - Distance 25 to 50 meters - Intensity 80% 90 % and incomplete recovery in-between repetitions.

Model-3: Competition Run Method in Teams (Competition among Teams): Sprint Endurance: Repetitions 2 to 4 - Distance 40 to 80 meters - Set 3 to 5 and complete recovery in-between sets.

Flexibility Training Session: Flexibility is the ability of players to execute movements with greater amplitude. Singh¹ explains that, “flexibility is a motor ability which can be defined as the ability to execute movements with greater amplitude or range.” Flexibility can be divided as active flexibility and passive flexibility.

Model-1: Ballistic Method: General Flexibility: Repetition - 20 to 30 Set 1 to 2 – Station 8 to 12.

Model-2: Slow Stretch and Hold Method: Specific Flexibility: - Repetition 8 to 10-Set 1 or 2-Holding time 5 to 10 Second - Station 6 to 8.

Model-3: Isometric Stretch: Specific Flexibility: Slow Stretch and Hold (With Partner) - Repetition 6 to 8 -Set 1 to 2 and Station 6 to 8.

Agility Training Session: Agility is the ability of players to do actions according to situations without breaking speed. Kent⁷ defined that, “agility is the ability to change body position rapidly and accurately without losing balance.” Agility is very important in ball games. This enables them to work and perform at high speed when situational hurdles comes in his way.

Model-1: Zig-Zag Run With Flags or Cones: Repetition 5 to 8 - Set 3 to 5 and Distance from 20 to 40 meters with complete recovery.

Model-2: Shuttle Run: Repetition 10 to 20 - Set 2 to 3 and Distance 5 to 15 meters with complete recovery.

Model-3: Passing Games: Passing games with 3 versus 3; 4 versus 4 and 5 versus 5 with football and handball in specified area for 1 to 3 minutes.

The above given models of physical fitness components can play vital role in achieving physical fitness level for top level performance. But implementation of sports training sessions need application of advanced pedagogical approaches which will make sports training sessions more interesting and more result oriented for players.

Recent Trends of Sports Training Sessions

There are varieties of physical fitness models which are used by experts in sports training sessions. Here some of the recent trends of sports training sessions with special reference to physical fitness models are mentioned which need proper implementation for better results. Training and testing is essential part of sports training sessions. There is a no need to lower down the fitness and skill level of players during the based time of physical fitness components. Short duration sessions with high intensity are more preferred by experts. Power base training is more commonly used by coaches and trainers. Gym training and weight training is more effective in development of physical fitness components among ball game players, preferably with the use of Iso-kinetic equipment. Shepherd¹¹ emphasized that, “No sports performers’ neglects weight training.” Training with elastic bands and ropes is more common for the improvement of explosive strength among trainees. Above given areas are very pertinent and need special attention while considering the recent trends of sports training sessions to achieve high level of physical fitness.

Conclusion

This paper concludes that pedagogical advancement is very necessary in sports training sessions, especially with regard to competitive sports. It is the duty of teacher education institutions to equip their trainees for practice of advanced pedagogical approaches for better results in sports. On other hand, coaches, sports scientist, sports trainers and sports managers are required to equip themselves with latest researches and their own

experiences for implementation of advanced pedagogical approaches in sports training.

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