



ISSN: 2456-0057  
IJPNPE 2018; 3(1): 635-637  
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www.journalofsports.com  
Received: 04-11-2017  
Accepted: 07-12-2017

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## Impact of gym training on players

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#### Abstract

Sport is very popular in India. Many sports are played here. Hockey, Cricket, Football, Volleyball, Handball etc. are some games which require team of ten to twelve players. Each game is becoming competitive with the passage of time. The accountability of the players has also increases due to rise in the level of professionalism in sports.

Every player wants to do well at any level of the game. To enhance their performance, players do some physical activities and exercises. Few years back, players used to do jogging, running, weight lifting as a part of daily routine of physical exercises.

But, now with this modern age, many resources are available for players to maintain their physical fitness. Gym training is among these resources available. The current article highlights the role of gym training in the performance of players.

**Keywords:** Sports, Player, Gym, Training

#### Introduction

Gym training is very useful in increasing the stamina of a player. These days, coaches are also very keen to provide gym training to the players. Special training sessions are conducted for the players by the coaches. A diet plan full of nutrition is also suggested by the coaches so that the performance of the players can be enhanced by following gym training and special diet plan.

Gym training keeps the players physically fit and provides strength to the players. Few years back, it was observed that at international level match, Indian athletes had to face defeat in most of the times because the foreign players were more fitter and physically strong due to gym training.

But, now as the gym training is trending in India as well, most of the athletes prefer doing proper gym training so as to compete at national and international level. The result is that the number of achievements has also increased in almost every game at international level.

Due to increase in professionalism in sports, players have an extra pressure of performing better and better with every single match. It is also observed that to be physically fit, some players take the aid of supplements which also help them for a shorter period but later, the players have to face a lot of problems and their performance has also decreased. To get early success in life, some players take the performance enhancing drugs which are very dangerous for players.

Some players are not so much active and physically fit and get tired after a short training session. Gym training provides these kinds of players; more efficient physical fitness and stamina; making them more active in the field.

For instance, in Cricket, former players like Sourav Ganguly, Rahul Dravid etc. got tired and cramped after scoring a century in one-day matches; though they were physically fit. The reason of their tiredness was weakness in their muscles due to lack of proper physical training and nutritional diet. But, if we look at the modern cricketers like Virat Kohli, AB Devilliers who work hard during their gym training. The level of game looks to be at a higher zone when they play. The impact of gym training can be seen clearly on their performance and stamina. They run quickly, field well due to physical fitness. The trend of gym training among players of every sport is growing and growing these days. The players of every sport do gym training to maintain their physical fitness. Gym training also reduces the possibility of any muscle injury in players as their muscles become so strong to work out.

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### Research Study

Poor muscle strength and physical function have been associated with higher risk of hospitalization and lower well-being among the elderly. Physical training increases muscle strength, endurance and physical function as well as psychological outcomes. Exercise among older adults is often used to improve these variables, but few have compared the effects of different types of training in parallel independent groups. Thus, the aim of the present study was to investigate the effect of three different types of training on body composition, muscle strength, physical function and well-being in the elderly.

One of the greatest pleasures in the sports is exposure to performance at its highest level. There is something almost artistic about an athletic that is well beyond the normal and demonstrates exceptional grace speed, and control while performing a skill. Getting to the highest level requires skill attainment, mental toughness, years of purposeful practice and dedication.

Sports attract the common people not only for the pleasure but too many reasons. It helps individuals to keep them fit to lead a healthy life, and even get a job and settle in their life. To spend the leisure time, no doubt it is the sports which plays predominant role in the modern society. Sport has a popular appeal among people of all ages and both sexes.

Much of the attraction of sports come from the wide variety of experiences and feelings, that result from participation, success, failure, exhaustion, pain relief and feelings of belonging. Sports can bring money, status and good will. However sports can also bring tragedy, grief and even death. As the amount of leisure time has increased in modern society, time spent on sports has grown. While very few participate at the elite or Olympic level, there are many more who participate at the local or community level. For others, involvement in sports is a passive one as spectators, coaches, umpires, teachers, or sports journalists.

'Fit' in this context means having good health and adequate degree of physical activity, fitness and their means to total fitness. The concept of total fitness encompasses the whole philosophy of health, the social, emotional and physical conditions has the strength, speed, agility, endurance, social and emotional adjustments appropriate to his age.

Fitness is a state which characterizes the degree to which the person is able to function, ability to function depends upon the physical, mental emotional, social and spiritual components of fitness, all of which is related to each other and are mutually independent.

By nature human beings are competitive and ambitious for the excellence in all athletic performance. Not only every man but also every nation wants to show their supremacy by challenging the other man or nation. This challenge stimulates, inspires, and motivates the entire nation to sweat and strive to run faster, jump higher, throw farther and exhibit greater speed, strength, endurance and skills in the present competitive sports world.

A healthy heart can obtain many benefits from a good conditioning program. Research has shown that the heart of a trained person with a smaller acceleration of pulse rate under stress returns more rapidly to its normal rate afterward than that of an untrained person. Sports are no longer just sports and games. They are business all over the world.

The boom in prize money and the practice of internationally renowned sportsman signing on the dotted line to endorse the products has made sports as big business. Sports lovers all over the world are happy that reputed sportsmen are no longer

obliged to follow a regime of high thinking and low living. Physical fitness is an essential factor for the development of sports.

### Discussion

Physical fitness is a combination of qualities that enables a person to perform well in vigorous physical activity. Physically fit people perform their usual tasks without tiring and still have energy for other interests. Regular vigorous exercises also increase the efficiency and capacity of the heart and lungs and helps people to maintain the fitness and to perform better in sports. Kennedy states that, "Physical fitness is the utilization of excessive calories by a cardiovascular and muscular process bringing the body to optimum efficiency".

Physical fitness is one's richest possession. It cannot be purchased, but has to be earned through a daily routine of physical exercise. The purpose of physical fitness is to create a consciousness and enthusiasm amongst people and to stimulate their interest for physical welfare which will help them to have a better and more healthy living.

Physical fitness and good health are not the same, though each influences the same. Physically fit people may be happier and more alert and relaxed. Health habits that aid physical fitness include getting enough sleep, eating properly and dental care and maintaining personal cleanliness.

Gym training is a physical, technical, moral and intellectual participation of an athlete with the help of physical exercises. It is a planned process for the participation of athlete and players to achieve top level performance. Gym training is the basic form of preparation of sportsmen.

Gym training is a scientifically based and pedagogical process of sports perfection which through systematic effect on psycho-physical performance ability and performance readiness aims at leading the sportsmen to high and highest performance.

The systematic and regular use of physical exercises however does not guarantee maximum improvement in performance. But, the effect of these exercises are increased by multitude of factors such as sports implements, verbal instructions, means of recovery, means of assessment of capacity, nutrition and psychological means and so on.

Training is much like constructing a multi storey building. One needs materials for the building such as aerobics, anaerobic running, comprehensive conditioning, flexibility, etc. Several kinds of materials like training intensities and modalities should be utilized in an ongoing process to complete the goal of finished buildings or competitively fit athlete.

Depending on the progress in the construction plan, the relative mix of all these materials will vary. As a training season develops, compressive conditioning work for strength of endurance will gradually form a transition into an emphasis on power with a substitution of intensity of volume in determining the total load.

The purpose of the Gym training program is to produce metabolic, physiological and psychological adaptation that allows the sportsperson to achieve top level performance. When the training increases the demand for aerobic energy, the number of size of muscle mitochondria will increase so that in these chemical factories where aerobic metabolism takes place they become larger and more numerous. These will help athletes to provide more energy from aerobic metabolism.

### Significance of the Study

There are three steps of adaptation; the first involves creating the need for more aerobic energy. Training must be sufficient in both duration and intensity to accomplish. The second step is to provide nutrients to build and repair mitochondrial tissues. Third is that the athlete must be given enough rest to regain the energy as super compensation.

There are several universally accepted scientific training principles that are followed in programs to improve conditioning and performance. They are, the Principle of individual training the Principle of Overload, the Principle of progression, the Principle of adaptation and the Principle of Specificity. Training should be imparted individually because every athlete is different each person's response to exercise will vary. A proper training program should be modified to take individual differences into account.

Over load principle is essential for adaptation process in the organism which ultimately lead to increase in performance capacity. The load has to be progressively increased to avoid over load which causes decrease in performance and injuries.

Adaptation refers to the body's ability to adjust to increase or decrease physical demands, so to improve this principle is essential. The Specificity Principle simply states that exercising a certain body part or component of the body primarily develops that part, so it is also a considerable factor. Sports performance through sports training can be achieved by a scientific and systematic use of training means. The principle means of training are through physical exercises in terms of general exercises, special exercises and competitive exercises. The fitness components, technical skill, tactical efficiency and psychic factors were achieved through above method. Additional means of training includes pedagogical measure concedes movement concept, mental ability and interest motivation.

### Conclusion

There are different methods of specific training programs available for the development of physical fitness components such as speed, muscular strength, muscular endurance, cardio respiratory endurance, coordinated abilities and mobility. Training methods include weight training, interval training, fartlek training, circuit training, isotonic training, isometric training, isokinetic training. But before formulate training programme, the coaches or physical education teachers should keep in mind that the programme should be based on scientific principles of training.

Training program should be designed to suit the specific energy sources need for athletics, specific event or contest. Moreover it is generally agreed among coaches and exercise physiologist that every individual does not respond to training in the same manner. There are certain anatomical (trunk, shoulder, pelvis, chest, abdomen, upper and lower extremities) and physiological (blood volume, blood pressure, heart rate, cardiac output and vital capacity) differences.

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