



Impact of Sports Training, Habit and Nutrition to Maintain Physical and Psychological Health

Dr. Anurag Sachan^{1*}, Dr. Geeta², Dr. Manjit³, Dr. Sunil Kumar⁴ and Dr. Munender⁵

^{1,2,3,4,5}Assistant Prof., Department of Physical Education, Chaudhary Bansi Lal University, Bhiwani, Haryana, India

Corresponding Author: Dr. Anurag Sachan, Email: as3323@gmail.com

Abstract-

Recovery takes up a far larger percentage of an athlete's time than training does. However, training has received a lot of attention whereas recovery has received relatively little research. This review's objective is to encourage more study in this crucial training area. Three types of recovery exist: i) immediate recovery in between exertions; ii) short-term recovery in between repetitions (such as between interval bouts or resistance sets); and iii) training recovery in between sessions. This review focusses on training recovery. There are many different reasons why employees must participate in training programs. They must uphold their levels of proficiency, adapt to the demands of shifting conditions, and adopt new strategies and technological advancements. When creating and executing training programs, policies, procedures, norms, and principles must be taken into account. Programs for training are typically implemented with the goal of continuously improving job performance. To perform at your best and get better, you must fully recover from your training. In addition to reviewing the body of existing research on recovery, this study provides a brief overview of various prospective modalities and approaches for speeding up recovery as well as the course of recovery and treatment responses. A brief discussion is held regarding recovery measures and practical considerations. There are barriers to high-quality research in this field, despite the fact that much research is required. Research on recovery needs to focus on important topics, particularly how each person reacts to recovery therapies.

Keywords: training programs, recovery programs, Nutrition.

Introduction

Overview of the most common and well-understood activities in the field of human resource development is the design and implementation of training programs. Learning, raising awareness, and gaining knowledge and information about many aspects of the workplace are the main goals of human resource development. Design and implementation are important tasks. The policies and procedures that are deemed necessary for the development and execution of training initiatives within the organisations must be taken into account by the persons. Training program design and implementation are ongoing processes rather than one-time events like building a house. The course administrators and instructors identify any gaps or inadequacies in the program they have created and implemented based on the feedback from the participants, employers, and trainers regarding their success inside the company. The culture, structure, and methods of job execution vary from one organisation to the next. Every organisation has its own policies, procedures, measures, norms, principles, and



standards (Swanson, 1997). The primary goal of the training program is to improve participants' knowledge and abilities so they can carry out their job responsibilities effectively. In the event that the company produces a variety of handicrafts, for example, and its employees have some experience, they must still complete training programs in order to gain sufficient knowledge about how to carry out their job responsibilities within the company they have joined. (Zahra, 2014).

One of the most common and well-understood activities in the field of human resource development is the design and implementation of training programs. Learning, raising awareness, and gaining knowledge and information about many aspects of the workplace are the main goals of human resource development. Design and implementation are important tasks. The measures and policies deemed necessary for the development and execution of training programs within the organisations must be taken into account by the persons. Training program design and implementation are ongoing processes rather than one-time events like building a house. The course administrators and instructors identify any gaps or inadequacies in the program they have created and implemented based on the feedback from the participants, employers, and trainers regarding their success inside the company. Training programs change throughout time as a result of the introduction of novel approaches, strategies, and techniques (Chapter II, n.d.).

An Introduction to Conditioning and Strength Training

All strength training and conditioning are based on fundamental concepts (see the pyramid picture for an illustration of how this handbook will try to "divide and conquer" the crucial fundamental knowledge you will require to efficiently oversee and guide daily training). For instance, the concept of progression is one of the cornerstones of conditioning and strength training. Progression is the process of choosing workouts, loads or resistances, exercise sequence, and athlete preparedness that are just right—not too difficult, not too easy—for the athlete's current state and the demands of the activity. Another fundamental idea is specificity, which states that the body tends to only adapt to the type of exercise that is done. Lastly, there are several types of supervision, and it's critical to understand the situations in which a given type of supervision is most effective. Keeping with the broad overview concept, let's examine some terminologies and the fundamentals of training. Fundamentals of Training. (NSCA-National Strength & Conditioning Association (Ed.), 2021).

The Individuality Principle

Since each person is different, they will all react differently to the same training stimulus. Biological age, training age, gender, body size and shape, prior injuries, and many other factors can all have an impact on some of these variances. For instance, a collegiate athlete copies his exact training regimen and passes it to his younger brother, a high school freshman. Although the younger brother never skips a workout, he is dissatisfied with the outcome at the end of the program. The results could be influenced by a wide range of factors, but the main one is probably the wide variation in biological and training age. (Spence, 1937)

The Specificity Principle



Individual training adaptations will take place in relation to the muscle groups exercised, exercise intensity, exercise metabolic demands, and/or particular movements and activities. You must do a skill or activity with appropriate body mechanics in order to have accurate technique when trying to master it. A 100-meter sprinter, for instance, would not spend a lot of time running three miles at a low intensity in preparation for an event. Short sprints at extremely high intensity will be the sprinter's training method. (Campos, 2002)

The Overload Principle

The body must be taxed by functioning against a stimulus or load that is higher than what it is used to in order for an individual to develop a particular training adaptation. By testing variations in resistance, topography, movement complexity, and many other factors, overload guarantees progress. For instance, an athlete must exercise to improve their general strength and power if they want to boost force generation in order to jump higher. The athlete should load the bar with a weight that will enable them to employ excellent technique at the appropriate velocity when training with the hang clean at three sets of five repetitions. The particular training adaptation won't be achieved if the bar is loaded with a weight that keeps them from achieving their intended velocity.

The Diminishing Returns Principle

Gains in performance are correlated with each person's training level (training age). When an athlete participates in a training program for the first time, they can observe significant improvements in their performance. However, over longer periods of time, athletes who have been lifting for a number of years would show fewer gains. Gains in performance will become more difficult to achieve when an athlete approaches their genetic potential. The important thing is to keep improving in the areas where they are weak. For instance, an athlete's vertical jump may increase from 22 inches to 30 inches in the first year of training when they begin as a freshman in college. The athlete's vertical jump performance may rise from 30 inches to 38 inches as they train over the following three years. The eight-inch improvement in the first year is not nearly as important or as challenging as the eight-inch improvement in the last three years.

The Reversibility Principle

An athlete will not be able to sustain a particular level of performance if they are without a training stimulus for an extended length of time. The gains made will eventually revert to their initial level. For instance, an athlete can anticipate becoming detrained if they take the summer off from training.

Make Time for Sleep

Easy to use but efficient. One of the most crucial things to remember when working out is to get enough sleep. To make sure your body gets the rest it needs to function correctly, it is advised that you give it seven to eight hours of sleep each night.

Drink water.

Drink plenty of water before, during, and after your workouts. For the body to function effectively, water is necessary. Dehydration during exercise might result from not drinking



enough water. You lose fluids from your body while you exercise. You can stay alert and attentive while exercising by drinking water to replace the fluids you've lost.

The protein

The building block of bones and muscular tissue is protein. Protein aids in the growth and repair of tissue that is lost or damaged during exercise. Consuming protein both before and after exercise is crucial for the repair of damaged tissues. You can still obtain this protein organically through your food, even though you can purchase protein powder or power bars. Eggs, almonds, chicken breast, milk, broccoli, and many more foods are examples of foods that are high in protein.

Active Recuperation

A workout that is easier or simpler than your typical regimen could be referred to as active recovery. Exchange your vacation days for active recuperation days. Active recuperation is defined as a walk of about 30 minutes. You are still keeping your blood circulating and your muscles relaxed throughout active recuperation.

Stretching both before and after exercise is crucial for maintaining muscle flexibility and enhancing circulation and blood flow. Additionally, stretching can lower your risk of injury, which is crucial if you often work out. Be sure to hold the stretch for 30 seconds. When stretching, it's important to avoid bouncing as this might cause injury. Stretching should never cause discomfort, but if it does, it may indicate a ripped or damaged tissue. Before continuing your exercise, stop if stretching hurts and consult your doctor.

Roll of Foam

There are several advantages to rolling painful muscles with a foam roll. The lactic acid that accumulates during your workout will be removed by the foam roller. This can be explained as making the muscles less thick by fluffing them up. Additionally, foam rolling improves balance and flexibility while reducing exercise fatigue. Foam rolling for five to ten minutes before to working exercise is advised. Lacking a foam roller? Use a tennis ball if you can. Tennis balls work just as well as foam rollers and can be used in their stead. You may keep on your regular exercise schedule and prevent injuries by following these recuperation guidelines. It's crucial to give your body a break after exerting yourself during exercise and to make sure it receives all the fluids and nutrients it needs to stay healthy.

In conclusion

As a relatively new strength training and conditioning specialist, you will encounter many demands. However, remember that your main responsibilities are safety, close supervision, and keeping an eye on how the planned training program is being carried out. The watchful eye is derived from applying training concepts as a kind of barometer that all training decisions must pass. Additionally, the information in this chapter can serve as a framework or background for the chapters that follow. A lot of people think that if you work out hard, you'll get the results you want. Even so, it's crucial to strike a balance between rest and recuperation following your workouts. You will be able to witness the gains and outcomes you have been striving for thanks to this delicate balance. Here are a lot of suggestions to help you heal better.



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