
A Study on how Research Changed Sports Scenario

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Abstract

Coaching is a method of direct instruction to teach specific skills but training is to sharpen that skill. The research in coaching and training is a very advanced term. In today's era research is the main part of education. The research is not bound to a field but its endless result in any field. Its true research can be changed the scenario of coaching and training because this time a coach must have deep knowledge of other subjects like anatomy, physiology, kinesiology, biomechanics, sports training, psychology etc. Results of 100 mt changing day by day and its only caused by advance research work. This research can help a coach to know how much load should be given to an athlete to consider these three energy sources according to the event.

Keywords- A Study, Research Changed, teach specific skills and Sports Scenario.

Introduction

Coaching is a method of direct instruction to teach specific skills but training is to sharpen that skill. The research in coaching and training is a very advanced term. In today's era research is the main part of education. The research is not bound to a field but its endless result in any field. Its true research can be changed the scenario of coaching and training because this time a coach must have deep knowledge of other subjects like anatomy, physiology, kinesiology, biomechanics, sports training, psychology etc. Nobody knows when an old record broken and new record updated because researchers doing research on all the system of the body. So the level of the competition and standard of coaching and training also changed with the time. Now coaches have a lot of starting techniques.

Method: - If someone asks, why we need of research in the field of coaching and training than one picture come in each person mind, From Modern Olympic games to Beijing Olympic games 2008 records are broken maximum number of time, It's main reason was a excellent research work in the field of physical education and sports. In 12 July, 1912 the timing of 100 Mt race was 10.6 sec by Don Lippincott of united state then in 1960 it was 10.00 sec. After this IAAF accepted separate automatic time record for event up to 400 mt. In 1977, fully automatic timing to the hundredth of second was used and result of 100 meter race changed so quickly. In 2002 the 100 mt record was 9.79 sec and after this it was 9.78 sec and now it is 9.58 Sec made by Usain Bolt of Jamaica in Berlin 2009. That is only caused by an advanced research system. Coaches have a lot of speed methods to increase the speed of an athlete.

1. Treadmill method

Treadmill running is a good tool for use in bad weather, dangerous outside conditions, lack of time to get to a comfortable place for running, etc.

2. Towing method

Towing, or running with a horizontal pulling force, is a common technique used by adventure racing teams. Research also proved if a player has fast twitch muscle fibers then he can become a good

sprinter, otherwise if he has slow twitch fiber then he can become a good long distance runner. This research made easy an event selection for the players and sports coaches.

1*In a SAI letter, Charles Cornelius (Olympian) written competition sports is becoming a highly technical job and many researchers have done work on it to improve technique and training.

Now training methods and techniques are totally scientific based. A coach not only teaches fundamental skills of games but also pays attention, how to build up the physical fitness component of an athlete. Now we are discussing a result of a research on training time spent on the three energy sources for various track events.

EVENT (ATP-CP)	TIME OF SPEED	AEROBIC CAPACITY	ANEROBIC CAPACITY		PERFORMANCE
			Strength (Oxygen Sym)	Speed lactic acid	
Marathon	135:00 to 180:00	---	95%		5%
10000 Mt	30:00 to 50:00	5	80		15
5000 Mt	15:00 to 25:00	10	70		15
3000 Mt	10:00 to 16:00	20	40		40
1500 Mt	4:00 to 6:00	20	25		55
800 Mt	2:00 to 3:00	30	05		65
400 Mt	1:00 to 1:30	80	05		15
200 Mt	: 22 to : 35	98	---		02
100 Mt	: 10 to : 15	98	---		02

The basic tenets in coaching and training programs are to recognize the major energy source utilized in performing a given activity. This research can help a coach to know how much load should be given to an athlete to consider these three energy sources according to the event. Research also determines frequency, duration of training and workout on different training methods.

BENEFIT OF RESEARCH : -

1. Safe energy, time and money
2. Reaction time and technique
3. Body Composition
4. Psychological preparation
5. Nutritional values

POINT TO PAY ATTENTION:-

1. Improve research system
2. Research paper and article
3. Problem solution
4. Evaluation

Conclusion- Research, really changed the scenario of coaching and training but still a lot of unsolved facts need to be find out.

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