

SPORTS TRAINING

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PREFACE

Sports training is a scientifically based and pedagogically organised process through planned and systematic, effect on the performance ability and performance readiness aims at sports perfection and performance improvement as well as at the contest in sports competition.

Sports training is not merely concerned with physical activities which involve the physical movements. The various activities like dance, play and various fields i.e. industries and factories also involve physical movements. Those activities or areas can not be considered the sports training because sports' training has some essential features which are observed in all kinds of physical culture and which are particularly more prominent in competitive Sports training.

The present book entitled "**Sports Training**" discusses all perspectives of Sports Training and the related issues. It is specially intended for the prospective coaches and sports teachers, sports scientists and researchers in the field of sports.

Hopefully, the present study will prove very useful for the sportsperson, prospective coaches, teachers, students of physical education, as well as for the general readers. Your comments and suggestions are welcome for betterment of this study.

— Mohammad Sharique, Ph.D

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