

UNIT 4.1 CONCEPT OF CONDITIONING AND WARMING UP

CONDITIONING

1. "It is the process of training to become physically fit by a regimen of exercise, diet and rest".
2. "A simple form of learning involving the formation, strengthening or weakening of an association between a stimulus and a response".
3. "It is the first step to improving fitness or sports performance through physical conditioning is to design a programme with the goals and needs of the sports."

The first step to improving fitness or sports performance through physical conditioning is to design a programme with the goal and need of sports in mind. Conditioning programme involve cross training, using various sports or exercise to improve overall performance and also decreasing the rate of injuries.

Goal of Conditioning programme

- 1: To improve athletic performance including speed, endurance, strength and power.
2. Prevent or reduce incidences of athletic injuries.

Principles of Conditioning

- 1, Principles of adaptation
2. Principles of Reversibility
3. Principles of Specificity
4. Principles of Progressive overload
5. Principles of Compensation

WARMING UP

1. "Prepare for physical exercise or a performance by exercising or practising gently beforehand."
2. "The warming up is a preparation for physical exertion or a performance by exercising or practising gently beforehand. Warm up is performed before a performance or practice."
3. "Warming up is performed before a performance or practice. Athletes and others warm up before stressing their muscles. It prepare the muscles for vigorous actions."

Types of Warming Up

1. **General Warming Up:** It is usually performed in all type of activities. This type of warming up includes jogging, running, jumping, stretching, callisthenics, striding, wind sprints and other general exercise. It increases coordination abilities, and flexibilities. It also improves muscles tones. The duration of general warm up depend upon the nature of work to be performed.
2. **Specific Warming Up:** In this type of warming up exercise are done with implements. Special exercises are performed which have direct relationship with the activity to be done. Theses specific exercise are performed after the activities of general warming up. Specific type of warming up differ from activity to activity which means game to game. This type of warming up improves the coordinative abilities. In specific warming up the main stress is given on the practice of various skills which are to be performed in the game.