

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