

# Lecture No. 01: Introduction to Sports Training

## Topics Covered:

- **Definition of Sports Training**
- **Duties of Modern Sports Training**
- **Objectives of Sports Training**
- **Characteristics of Modern Sports Training**
- **Foundations for the Success of the Sports Training Process**

## Definition of Sports Training

Sports training is a recently developed science that is closely linked to other disciplines such as **psychology, education, anatomy, physiology, and more** (Amira Hassan Mahmoud, Maher Hassan Mahmoud, 2008, p. 17).

Modern scientific sports training is defined as an **educational and developmental process** aimed at preparing athletes and sports teams **through strategic planning and practical field leadership** to achieve the highest possible levels and results in specialized sports.

It is essential to distinguish between **scientific sports training** and other similar activities that do not follow scientific principles. Many physical activities are practiced under the term "sports practice," but **true sports training relies on structured scientific foundations**, whereas unplanned activities often lead to improvements due to natural physical and functional growth rather than the effectiveness of the training itself (Mufti Ibrahim Hammad, 2008, p. 21).

Although various definitions of sports training exist, they all agree that it is an integral part of **education and national development**. It serves as an essential tool for nations and societies to cultivate citizens who contribute to creativity and excellence in various fields, including **sports innovation**.

According to **Hara**, sports training is the preparation of athletes to **reach high levels of performance**. **Matveev** defines it as the process of preparing athletes **physiologically, tactically, mentally, and ethically** through physical exercises and training loads.

Sports sciences have evolved significantly from **descriptive natural sciences** to **precise applied sciences** due to extensive **research and field studies conducted on athletes**. This has led to the **scientific optimization of training methods** to enhance and improve athletes' capabilities **by understanding the effects of training loads on various physical, functional, mental, and psychological aspects** (Al-Hasnawi, 2010, p. 25-26).

## Duties of Modern Sports Training

The duties of modern sports training, which can be considered the responsibilities of the coach, include:

### 1. Educational Duties:

- Encouraging young athletes to love sports, particularly at a high level, as an essential personal need.
- Instilling **motivation and positive attitudes** toward sports and national service.
- Developing **ethical and moral values**, including **sportsmanship and teamwork**.
- Enhancing **willpower and psychological resilience**.

### 2. Instructional Duties:

- Developing **comprehensive and balanced physical fitness** in athletes.
- Improving **sport-specific physical attributes** necessary for high-level performance.
- Teaching and mastering **technical motor skills** essential for specialized sports.
- Learning and mastering **tactical strategies** required for competitions.

### 3. Developmental Duties:

- **Planning and implementing** strategies to improve individual and team performance to the highest possible level.
- Using **scientific methodologies** to optimize athletic performance **based on available resources** (Mufti Ibrahim Hammad, 2008, p. 30).

## Objectives of Sports Training

According to Schnabel, Hara, Bordi (1998), Charles (1999), and Mufti Hammad, the **primary goal of sports training is to systematically achieve peak performance**. This objective is structured using modern training theories and methodologies, which include:

- **Enhancing and improving the physical and motor attributes** required for sports performance.
- **Developing sport-specific physical abilities** based on **the coach's expertise** and the demands of the activity.
- Strengthening **mental resilience, willpower, and self-confidence** to overcome training challenges and prepare for competitions.
- Ensuring **comprehensive development** of an athlete's **physical, technical, and psychological readiness** for high-level performance.
- Focusing on **movement efficiency** to achieve **optimal sports performance** with minimal effort.
- Developing **individual and team playing strategies** using modern methodologies.
- Promoting **team cohesion and coordination among players**, especially in **team sports, relay events, rowing, cycling, and doubles sports**.

- Ensuring **injury prevention** and **health maintenance** through **proper training loads, medical care, and nutrition**.
- Emphasizing **safety and injury prevention** through warm-up routines, flexibility exercises, and cooldowns, particularly for beginners (Maher Hassan Mahmoud & Amira Hassan Mahmoud, 2008, p. 21).

## Characteristics of Modern Sports Training

Modern sports training has the following characteristics:

1. **Educational Foundation:**
  - Emphasizes **instilling positive attitudes toward sports** and adopting sports as a lifestyle.
  - Guides athletes toward **ethical and moral sportsmanship values**.
  - Develops **discipline, patience, and perseverance**.
2. **Scientific Approach:**
  - Modern sports training is **grounded in scientific principles**, utilizing data from sports science and education.
3. **Influence of the Coach's Philosophy:**
  - The coach's **values and philosophy** significantly impact an athlete's performance and development.
4. **Continuity in Training:**
  - The **training process is continuous**, starting from planning to execution, selection, and competition, without interruptions.
5. **Comprehensive Preparation:**
  - Includes **physical, mental, technical, tactical, and psychological aspects**, all integrated to maximize athlete and team performance.
6. **Expanding Training Environments:**
  - Training is **not confined to sports fields**; it extends to **classrooms, laboratories, and specialized facilities** for **scientific analysis and performance monitoring**.
7. **Integration of Planning, Execution, and Leadership:**
  - **Training plans and execution must be synchronized** for maximum efficiency.
8. **Emphasis on Individualization:**
  - Training must be **customized** for each athlete **to maximize personal growth and performance**.
9. **Expert Consultation:**
  - **Scientific methods do not replace experience**; rather, they complement coaching expertise **to refine training strategies**.
10. **Lifestyle Adaptation:**
  - Athletes must **adopt training as a way of life**, maintaining disciplined **nutrition, rest, and psychological balance**.
11. **Avoidance of Doping and Unethical Practices:**

- Training should rely solely on **legitimate and ethical methods**, avoiding **performance-enhancing drugs and illegal techniques** (Mufti Ibrahim Hammad, 2008, p. 25-27).

## **Foundations for the Success of the Sports Training Process**

To achieve **high-performance levels**, coaches must collaborate with **experts in various fields**, including:

- **Sports scientists** for training implementation.
- **Administrators** for effective management.
- **Physical therapists and sports injury specialists** for injury prevention and rehabilitation.
- **Psychologists** for mental preparation and resilience training.

Regular **meetings and discussions** between the coach and the support team **ensure that athletes' needs are met and challenges are addressed**. Success in sports training depends on:

1. **Qualified and knowledgeable coaches** who stay updated with modern training methods.
2. **Talent identification and athlete development** to nurture gifted individuals.
3. **Providing adequate resources**, including **financial and human support** to facilitate training.
4. **Ensuring proper healthcare and injury prevention** for athletes.
5. **Designing structured training programs** that align with athletes' physical capacities and long-term development (Yahya Al-Sayyid & Al-Hawi, 2002, p. 11-12).