

Analysis on Cautions in Athletic Training

Cao Wen

Mianyang Normal University, Mianyang, Sichuan, 621000, China

Keywords: Athletic Training, Diet, Dressing, Damage Prevention, Training Plans.

Abstract: Athletic training is a key link and effective way to improve sports level and cultivate sports talents. With continuous training for years, athletic skills can be greatly enhanced, improving athletic level and performance. The scientificity of athletic training is to guarantee its safety and effectiveness. Some problems in athletic training have negative influence on athletic skills. Therefore, in order to guarantee the steady development of athletic training and the realization of training goals, cautions in athletic training should be carefully studied. Specifically solving various kinds of problems related with training can effectively avoid some negative factors, guaranteeing the high quality of athletic training.

1 INTRODUCTION

In order to guarantee the safety and quality of athletic training, we should pay attention to different kinds of cautions and correctly tackle some emergencies. On the other hand, we ought to actively study and analyze the characteristics of athletic training and make scientific athletic training plans based on practical conditions like goals, subjects, contents and methods. Implementing the tackles during the whole process of athletic training can guarantee the safety and effectiveness of athletic training and the improvement of athletic skills.

2 CHARACTERISTICS OF ATHLETIC TRAINING

2.1 Training Goals and Subjects

The subjects of athletic training are coaches and athletes. Coaches are organizers, executors and instructors of athletic training, whose role is to reasonably and scientifically arrange and guide athletic training, guaranteeing the effectiveness of athletic training. Athletes are cores in athletic training, so it is a key for athletes to play an active role in order to enhance training quality. In athletic training, we should first allow athletes to play subjective roles to guarantee the effectiveness of athletic training. Secondly, we need to pay attention to individual difference and make appropriate plans

for each athlete, helping them better grasp athletic skills and exercise physically and mentally. Thirdly, the guiding role of coaches ought to be emphasized to help athletes participate in athletic training scientifically, safely and effectively, thus improving their training level.

2.2 Training Contents and Training Methods

The contents of athletic training is complex but can be achieved with various kinds of methods. In athletic training, athletes should have specific training on human body movement ability. First, the goal of athletic training is to comprehensively improve athletic skills and help athletes obtain good performance on the premise of safety. Second, under the guidance of training goal, coaches should carefully analyze the requirements of different sports on human body movement ability and then effectively train their athletes based on the characteristic of each athlete. Third, the variety of the function and task of athletic training determines the complexity of training contents and the variety of training ways. For example, endurance training can be achieved with long-distance race, jumping and exercise equipments. It also can be implemented through location trains, such as sand race and climbing run. In different stages of athletic training, functions and tasks of athletic training should be combined with diversified training methods to scientifically and reasonably arrange training, thus achieving final goals.

221

221

Wen C.

Analysis on Cautions in Athletic Training.

DOI: 10.5220/0006022702210223

In *Proceedings of the Information Science and Management Engineering III (ISME 2015)*, pages 221-223

ISBN: 978-989-758-163-2

Copyright © 2015 by SCITEPRESS – Science and Technology Publications, Lda. All rights reserved

2.3 Systematicness of Long-term Training

Training is a long and gradual process, which needs some period of accumulation and systematic training plans to achieve certain athletic level. Excellent athletic performance is a long-term accumulation of athletic training and a transform from quantitative change to qualitative change. On the one hand, if amount of exercise go up, athletes can exert explosive force, which needs long-term and systematic training. On the other hand, good sport performance needs certain amount of athletic training. However, athletic training requires comprehensive considerations on the limit of training, arrange intensity and density of training. Athletic training is like a double-edged sword. It can effectively enhance athletic skills and enhance athletic performance, but it also can destroy the career of an athlete. In addition, coaches should clearly recognize the individual differences and the fierce of competitive sports. They need to make scientific, long-term and systematic training plans to guarantee the safety and effectiveness of training.

3 CAUTIONS ABOUT ATHLETE TRAINING

3.1 Cautions before Athlete Training

Cautions before athletic training is detrimental to guarantee the safety and effectiveness. First, athletes should fully learn the rules of athletic training and scientifically arrange training time with plans. They should cooperate with coaches to conduct training and do not add or reduce the amount of training, thus affecting the effectiveness of training. Second, the arrangement of training plan should be scientific and reasonable, ensuring the smooth and effective implementation of training. For example, if athletes stay still for a long time, they should have their training plans advance gradually in due order. They can not add amount of training suddenly, which may cause damage to their body. Third, the influence of external conditions should be considered and reduced. For example, in hot summer, high temperature and burning sun are easy to cause heatstroke and sunburn. Therefore, when exercising, athletes should try to avoid hot time and choose 8 a.m. to 10 a.m. or 4 p.m. to 6 p.m. to carry out indoor exercise. On the other hand, athletes should try to wear clothes with good breathability, avoiding

burning or hard sweat. In addition, sunscreen cream and sunbonnet can be used to improve training conditions, thus guaranteeing training quality and safety. Fourth, reasonable arranging training intensity can ease feeling of fatigue, which may bring damage to athletes and weaken the effectiveness of training. Fifth, scientific and reasonable diet is important for body health and athletic training. Having food or drink is forbidden for an hour before training. Athletes can drink some water (like 200ml glucose water or sports drink with rich calcium and sodium ion). Cold water and alcohol are forbidden in case of accidents. Athletes should have some food with eutrophy before training. After training, they are not supposed to have too much food until half an hour later. Beef, chicken, eggs and milk are helpful to supplement energy. In short, scientific and reasonable diet is important for effective training and strength recovery. For example, when exercising, some athletes may have stomach ach, which happens in superior belly or around belly button. Dull pain, distending pain and stabbing pain often appear, but sometimes one may suffer from colica. These pains are usually caused by unscientific diet, such as having too much food or water before training and strenuous exercise without enough exercise. Sixth, athletes should wear safe and comfortable clothes and do not wear adornment. For instance, in summer, cool and poromeric clothes are best choice to avoid sunburn. Seventh, pre-training issues should be prepared, such as jogging and slow running. Meanwhile, mental preparations are also needed to help gradually athletic training. In addition, enough relax before training should be emphasized to guarantee plentiful physical strength.

3.2 Basic Cautions in Training Process

The training process is the implementation of training plans. In training, the effectiveness of training plans needs to be guaranteed. On the other hand, training flexibility should be well grasped to conduct specific training based on individual difference. First, pay attention to training density and training intensity and do not cause strong fatigue to athletes. For example, in endurance training, coaches are supposed to arrange long-distance race according to trainees' ability. After long-distance race, timely relax for 5-10 minutes are needed. Repeated leg-raising exercise can arouse the training interests of athletes and help achieve training effectiveness. Second, pay attention to the variety of training. For example, endurance training can be

coupled with long-distance race, climbing run, loading run, sand run and cycling while strength training can be coupled with barbell training. On the one hand, the variety of training contents can arouse training interest of athletes, thus making them more active in training and enhancing training effectiveness. On the other hand, it can also improve the competence of athletes and their training quality. Third, pay attention to water supplement in training and do not drink too much cold water after training. Forth, take notice of training skills and avoid athletic injury. Athletes should make good preparation before training, effectively exercising loin, joint and muscle and enhancing muscle strength, flexibility and ligament function. Athletes should follow the guidance of their coaches and strictly finish training, avoiding dangerous imitation and hurt. Coaches and athletes should know about athletic injury and be aware of injury protection, thus scientifically and effectively avoiding athletic injury. For example, short-distance race needs strong explosive power, so the training of short-distance race should avoid cross track. However, middle or long-distance race tests the endurance of athletes. Therefore, in middle or long-distance race, breathing method should be emphasized. Try not to have heavy breath, which can cause abdominal pain. Both coaches and athletes need to grasp some emergency treatment knowledge so as to effectively prevent and tackle athletic injury. When athletes train for a long time, athletic limit will appear, such as weak legs, hard breath, pain muscle, slow movement and even disgust. In such a case, do not be flurried and try to calm down and deepen breath. When symptoms get relieved, athletes will be more relaxed in training. If symptoms become worse, athletes should stop training and have a rest. Athletes needs to go hospital when abdomen ach severely. After training, some relaxing exercises, such as jogging or fast walk are needed. Forth, pay attention to the comprehensiveness of training and strengthen basic training, demonstrating the specialty of athletes. On the one hand, coaches should scientifically and reasonably consider the individual differences of athletes, thus making scientific and systematic training plans for each athlete. The amount of training should be adjusted accordingly. On the other hand, coaches need to focus on the specify training of athletes. However, it does not intend to make athletes professionalized too early. The body fitness and sport ability of athletes ought to be comprehensively improved in training. In addition, coaches are supposed to pay emphasis on the training emotion of athletes and timely give them

mental guidance, thus guaranteeing best form in training and enhancing the training effectiveness.

3.3 Basic Cautions after Training Process

Training is one of the large physical strength consumption and fierce activity, so hurt and exhaustion are unavoidable. After training, some basic cautions can help athletes form good habitats and ease their pain and fatigue, thus keeping good mental state for athletes. First, reasonably arrange diet after training. Athletes should have food 30 minutes later after training. Nutritious food is best choice because it can fast supplement body energy. Second, sweat is unavoidable after training, but athletes can not take off their clothes immediately or wash their faces with cold water, which can cause influenza. Third, timely treatment on athletic injury is needed to avoid further damage accumulation. Physical therapies are often used for minor hurt. For athletes who hurt badly, they must go to hospital to get treatment. Forth, relax on calf muscle, thighs and small of the back is necessary because it can help athletes quickly get recovery.

4 CONCLUSIONS

The whole training process should be well planned. Diets and clothes ought to be scientific and reasonable, thus guaranteeing best state for athletes. The most important aspect is to comprehensively know about characteristics of athletic training and tackle problems accordingly. Basic cautions should be emphasized to make training more scientific, safe and effective.

REFERENCES

- Yin ran, 2014, (08): 118-119. Factors influencing college student sports training effect and strategies, *Ournal of Chifeng University Natural Science (Edition)*.
 Deng Yunlong, 2011(02): 107-112. Basic content of the basic rules of sports training and basic relationships, *Journal of Nanjing Institute of Physical Education (Social Sciences)*.
 Wang Baocheng, 2013(01): 37-41. Ten current problems in athletic training, *Track and Field*.