

All-round training for sports research paper example

[Sociology](#), [Violence](#)



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Introduction

Exercise or training occurs as one of the most comprehensive factors that enhance the performance of athletes across various settings all around the globe. As such, there exists various resistance training methods that have been devised by sports professionals of various cadres. Speaking of resistance training methods, these connotes to exercises that are streamlined to assure that an athlete can endure prolonged periods of athletics performance (s). While much has been hypothesized regarding the various resistance training methods that have been devised for use in coaching of athletes, it is of immense significance to note that every athlete has his or her training method of preference. This can be accredited to the fact that every individual athlete responds differently to any given training method (Fleck & Kramer, 2004). As such, there is the need to restructure or manipulate training programs so as to offer viable platforms in which individual athletes can attain maximal results.

Discussion

Fleck and Kramer (2004) delves on various exercise systems that have an increased potential of developing all-round athletes. While is true that these exercise systems can be restructured to suit the needs of any given athlete, it is imperative to note that the circuit training method has a great potential of developing an all-round training for sports. Definitely, circuit training method entails the use of sequential series of scheduled exercises carried out consecutively with periods of rest merged in between every single exercise (Fleck & Kramer, 2004). Arguably, circuit training method is a suitable and reliable endurance training method for various athletes including those who want to lose weight. In addition, this method can be integrated as part of injury rehabilitation programs for athletes recovering from injury. The reliability of circuit training methods also extends to the fact that it can be utilized for conditioning elite level athletes.

Why circuit training method is the best

Evidently, there are various reasons that justify the notions that circuit training method is the most suitable method for developing an all-round athlete. More importantly, circuit training method prepares an athlete body in an even and all-round manner. In fact, it is an exceptional training method because it entails quick and perpetual change in the nature of exercise and this places a distinctive form of stress on the body (Fleck & Kramer, 2004); hence, preparing the body for sports-endurance related stress. On another note, circuit training is the most preferable method for resistance training because there are limited chance of injury occurrence when this method is

used. In fact, this method has been ardently reliable in rehabilitating athletes from injury. In a nutshell, circuit training method conditions an athlete's body and mind, which makes it feasible for them to attain peak performance in the athletics events they partake in.

As previously mentioned herein, circuit training is suitable for different athletes including those on injury, the beginners, as well as the elites. This is because this method can be modified to suit the differing personal needs of various athletes. Overall, circuit training method can be streamlined to offer athletes what they want (Fleck & Kramer, 2004). In addition, this method saves on time because it is based on well stipulated exercise schedules, with only minimal rests in between every single exercise. Apart from the above connoted merits of the circuit training method, this method is also adequate based on the fact that it does not require costly equipment's and it can be performed anywhere. From this analysis, circuit training method has an enhanced potential of developing all-round training for sports.

Conclusion

Those opposed to circuit training method often postulate that this method can precipitate the occurrence of injury, sore joints and muscles, particularly in cases where the athlete over-indulges on the exercises beyond the scheduled time. Despite this, circuit training if performed as stipulated is reliable for various kinds of sports because it can be restructured to improve agility, speed, coordination, muscular endurance, and balance. This method is also interesting because it can be performed in groups, which creates as sense of competitiveness between the groups; hence, making it fun. On a

similar note, circuit exercise can be carried out in various forms including repetitive circuit, timed circuit, competition circuit, and sport specific circuit (Fleck & Kramer, 2004). This analysis justifies the notion that circuit training has an increased potential of being an all-round training method for sports.

Reference

Fleck, S. J., & Kraemer, W. J. (2004). *Designing resistance training programs*. Champaign, Ill. [u. a.: Human Kinetics.