

# Pro sports training



Sports training in the United States has advanced prior the “no pain no gain” idea that ruled training schedules of athletics in the past. A lot of training institutes have emerged, where training education and therapy is offered. Scholars on the other hand have developed effective curriculum methodologies in sports training that have evolved sports as an independent education program being offered across majority of United States educational institutes. In addition, many research training center both profit and non profit generating, have emerged creating an advanced sporting environment in the United States.

This paper explores these research training centers, their pricing and training methodologies that they use. Athletes’ trainers act an important role in these centers. Without them these programs could not exist. However they must be qualified with a bachelor’s degree master’s or doctoral degrees. They have a role in therapy, preventing and treating injuries to the athletes. They undergo intensive training in health related courses that include physiology, human anatomy, nutrition and biomechanics.

Other professionals working in these programs include fitness trainers and personal trainers who have a role in improving athletes sporting ability. They may not require intensive training but experience is a crucial quality that they must demonstrate. (Bureau of labor statistics 2008) There are many research training center and which may be distinct in their missions and their courses but possess a common goal to make athletes better qualified. Their program instructions are characterized by a continuous supervision which in most cases is challenging, enjoyable, promising and safe.

Studies have proved that a significant excellence in any sporting activity is determined primarily by the mental state of a person and his physical ability. However, the mental and physical states must work together for any improvement to occur. Most of these programs aim at enhancing the cognitive relation to the physical ability. Pro Prior-Reactive Training is responsible for this area. It focuses on proprioception, a body major feedback system. This improves the athlete's alertness and instantaneous reaction.

It also helps to avoid injuries as he is trained to be in control of his body position. It improves sporting ability like speed and accuracy. Nutrition guidance is another important training in sporting. The food we take determines our health status and our body's chemical balancing. Nutrition is every sportsperson fuel. These programs prescribed the best nutrition that enhances growth, repair and breakdown of tissues leading to an improved health. These research training centers also offer visual edge performance training.

Our eyes lead our bodies. What we see influence our mental analysis that results to our reaction that in turn determines performance. (Pro Sports Training and Rehab Inc, 2008) These research training centers offer individual and team workout programs which are offered in their centers as well as in their client's grounds. Basically, the methods to be used, the pricing and the location depend on the kind of sport, nature and length of the training program. For example:- Pro Sports Training is a program that offers sensible training to athletes.

Their current programs are: Dynamic Dry-land Conditioning, Dynamic On - ice conditioning and Sports Conditioning Packages. They have further

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segmented, classified and charged their programs with respect to period of training and nature of the program. In their PRO Dryland Training they charge \$350. 00; Dynamic Dryland Training \$250. 00; 3 weeks pre-camp program \$50. 00 this amount increases as the period increases. However their charges differ with respect to the nature of the grounds such that in ice conditions, the charges are more than on dry land.

More information can be found in their website, (Pro Sports Training, 2008) Athletes training can be offered in theoretical and practical methods just like any other discipline in the education curriculum. However, practical methods dominate this training. The theoretical parts include all aspects of sports training that are not practical. This involves use of books and electronic materials. Training handouts like journals and magazines lie in this category.

It also includes class work. (Carrera & Bompa, 2005) Practical method involves all non-theoretical training done on designated fields, indoors or that involves the use of sporting devices. Depending on the nature of sporting activity, a trainer can choose the kind of setting and equipment he is to use in his training. For instance; Gyms are applicable for body building, running training among others while pitches are applicable for football basket ball among others. There are devices that simulate real sporting conditions and the same time record timing.

A good example is the racing device. (Patent Storm, 2008) These devices when used with the actual sporting activities can improve training performance. Sports improve the general health of a person and are a source of income. Many sportsmen and women are making a living from this. In addition, global organized sports activities like the Olympics and World Cup

have prompted international cohesion. It is therefore important to improve training and introduce others programs across the world.