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# **A New Era Physical Education, Sports and Yoga Volume - I**

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## 16. Physical Fitness and Skill Based Cross Training Scheme

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### Abstract

While studying the subject of physical fitness and skill-based cross-training, it was determined that cross-training is needed to maintain interest in sports training and that exercise variety during training is necessary to improve the skill performance of athletes. Sports training include the fundamental methods of preparing athletes as well as the teaching and learning process based on the scientific principles of preparing athletes with the goal of achieving high performance in sports. Cross Training During Sports Training - Cross training is a long-term exercise program designed to introduce innovation, variety and reduce the risk of injury while improving an athlete's overall fitness. Cross training refers to the combination of exercise methods, intensity, timing, and muscle groups used. Cross training improves overall physical fitness, injury prevention, rehabilitation, better running ability, active recovery, increased motivation, rejuvenation, enjoyment of other sports, proper pregnancy, etc. Such are the benefits. Athletes are trained in more than one skill in cross training. The act or practice of engaging in exercise forms in two or more sports to improve fitness and performance of one main sport. It has been observed that today the best athletes in any sport are adopting sports training methods such as cross training to improve their performance. Here while writing the article, after the study of reference, the need, importance and benefits of cross training for the athlete and the information about the plan are presented in introduction, objectives, main part, discussion, conclusion, reference articles.

**Keywords** - Physical Fitness, Skill Based Cross Training, sports training, skill performance

### Introduction

Purposeful movements are made through sports, so physical health remains good. First, while understanding the concept of health, there must be complete balance of body and mind; Society has neglected this matter. When a person pays attention to his own health, he naturally starts paying attention to the surrounding nature and tries to achieve closeness and balance with nature. Good health is very necessary for a

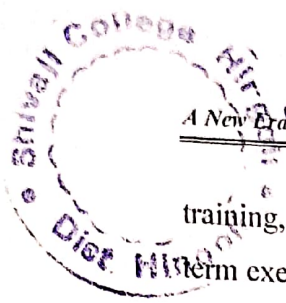
healthy life and health wealth is the basic right of everyone. Health is not only freedom from disease, but also includes efficient physical, mental and social condition. Such health concept is included in physical education. Physical education is not only expected to develop muscles or strength, but it is to create comprehensive development through cognitive, emotional and social skills through body, mind and intellect. Education imparted through physical activities is physical education, which includes health, physical fitness, physical skills, thinking and acting skills, balanced personality along with developmental programs such as attitude obedience, heroism, leadership, discipline, social loyalty, hard work, self-reliance, sportsmanship and value education development of such qualities as well as guiding life values and ethics can be successfully inculcated through sports and physical education.

In physical fitness, it is expected to carry out all the daily tasks without fatigue and with enthusiasm and not to feel physical hardship while facing the difficulties in life and also to be able to enjoy life while living. Here in healthy physical fitness, muscle strength, muscular strength, circulatory strength, flexibility and body organization are required by the average person, while for the best athletes, skillful physical fitness is required. It needs causal movements such as speed, power, orientation, balance, reaction time, coordination.

### Objectives

1. Cross training is required to maintain interest in sports training.
2. Variety of exercises during training is essential to improve the skill performance of athletes.

Sports training include the basic methods of preparing athletes as well as the teaching and learning process based on the scientific principles of preparing athletes with the goal of achieving high performance in sports. The goals of sports training include physical fitness, technical skills, tactical efficiency, planning, strategy. Also, through the training, personality, values, interests, beliefs, hard work habits of the players are taught. Sports training principles include physiological preparation, individual response, adaptation, overload, progression specificity, variety, stimulus exercise and relaxation, prolonged training, and recovery. Sports training methods are adopted according to the time division planning of the competition. All methods are based on understanding how your body adapts to training. It uses different methods like single training, fartlek training, interval training, circuit training, net training, plyometric training, cross training, and conditioning. psychological training, technical



training, tactical training, cross training during sports training Cross training is a long-term exercise program designed to introduce innovation, variety and reduce the risk of injuries while improving the overall fitness of athletes. e.g. Cross training includes cycling, walking, elliptical, climbing, competitive sports, fitness activities, aqua jogging, Nordic skiing, a week of strength training, weight training, and aerobics.

An important attractive feature of cross training is the variety in activities to maintain long-term interest in exercise and to train different muscle groups. e.g. A wrestler participating in a cross-training program will train one day to put a lot of stress on his muscles and joints and swim the next day to reduce stress on the joints, reduce trauma and improve body function, for athletes competing in more than one event such as triathlon, pentathlon, decathlon. Creating a good initiative can benefit them well. Cross training should be done in addition to regular exercises to strengthen the muscles from all sides. After the body adapts to an exercise, it does not require a lot of effort, so additional exercises should be done. Exercising in the water can also provide more benefits, the concept of cross training means exercising in a variety of ways over the course of a week, such as cycling, elliptical running and strength training, for athletes, cross training can be used to improve performance. e.g. A player needs vascular endurance and flexibility to play tennis, but to be good at tennis, a player needs to work on skill-related fitness components including agility, strength, speed and hand-eye coordination.

Coaches can easily tailor cross-training to the needs and interests of athletes, allowing athletes to make a variety of complete changes to their routines to match and adapt to their sport. Such exercises strengthen the cardiovascular system, bones, muscles, joints. Reduces body fat and improves flexibility, balance and coordination. Cross training refers to any form of exercise such as running, rowing, rollerblading, cross country, weight training, yoga, Pilates, dance, martial arts, boxing, wrestling. Yoga can be a common practice to cross train with other exercise routines. It is important to strengthen your muscles through exercises that your body is not used to. By moving your body at a different pace than running, you can strengthen your muscles and balance your body.

Athletes can reduce the overall stress effect on their muscles, joints and bones by reducing the number of repetitions they run. Importance of Variety in Sports Training  
Variety in training program is essential to maintain interest of athletes and avoid boredom. The variety should also include rest after hard training. Adequate time

should be allowed for replenishment while adjustments are being made. Difficult skills should be practiced easily during sports training. The duration of various cycles should be planned during training. Cross training should be included to diversify sports training. Thus, the interaction between exercise method, intensity time and muscle group use is called cross training.

### Discussion

Physical fitness and skills cross training a study while studying the topic, I remember that during the sports training in the Sports Complex Scheme at Janana Prabodhini School, Nigdi, we were given hill running, trekking, fartlek training, cross country, cycling, swimming, weights at Durga hill. Training Sports guides used to practice various training methods. While in Kridakul Yojana, through activities like winter sports camp at Srivardhan, sports study tour at Murbe-Dahanu, Palghar, we first experienced the training method of cross training during sports training. Here, after studying the context while writing the article, the information about the need, importance and benefits of cross training for the athlete as well as the plan has been presented in the article.

### Conclusions

1. Cross training improves overall physical fitness, injury prevention, rehabilitation, better running ability, active recovery, increased motivation, rejuvenation, enjoyment of other sports, proper pregnancy etc. Such are the benefits.
2. Athletes are trained in more than one skill in cross training.
3. The act or practice of engaging in forms of exercise in two or more sports to improve fitness and performance of one main sport.
4. Studies have shown that today's top athletes in any sport are adopting cross-training methods to improve their performance.

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