

Module 3: High-Performance Machinery
Topic 3 Content: Athletic Training

Introduction



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Sport-Specific Training

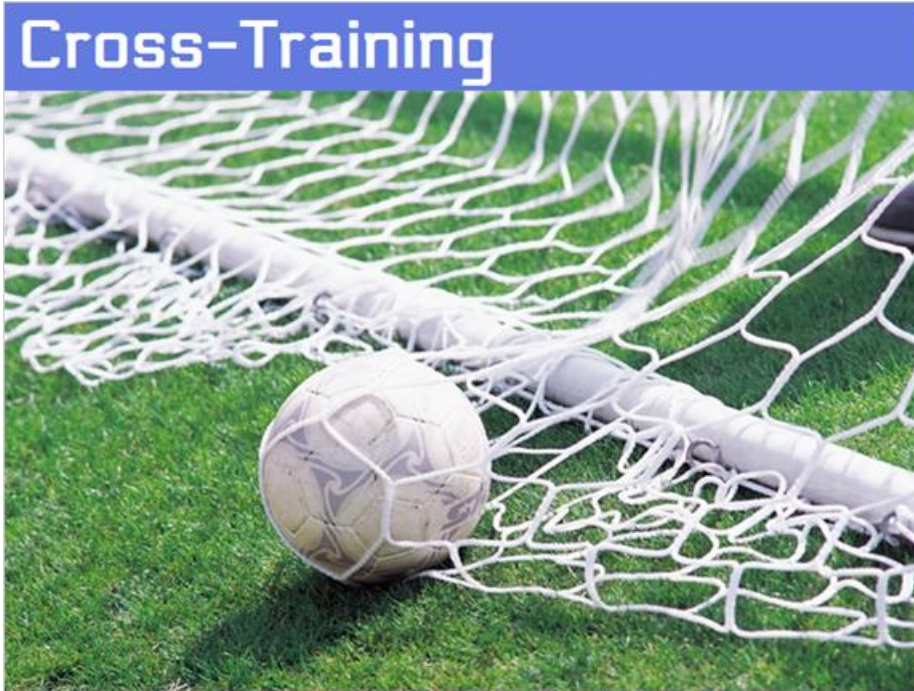


Elite athletes train their entire bodies, but they also do exercises that are specific to their sports. Sport-specific training for a sprinter would include short-distance running and drills to increase quickness, in addition to their aerobic and resistance training. A football player's sport-specific training would include exercises that improve his performance on the field, but even that training could be more specific to the position he plays on the field. An archer definitely would want to include exercises in his or her upper-body routine that mimic the drawing of the bow.

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Cross-Training



While sport-specific training is good for developing specific physical needs and skills, cross-training is necessary for athletes as well. Cross-training is a combination of different activities that work various body parts. For instance, a soccer player may condition off season by swimming. Although swimming uses more upper-body than lower-body, a soccer player benefits by continued cardiovascular conditioning, core training, and some lower-body exercises, without the constant pounding received by running on land. Cross-training allows an athlete to improve athleticism without overusing a body part.

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Over-Training



Sometimes people can mistake long training hours as striving to be their best. When someone trains with too much intensity for too many hours, and not enough rest and proper nutrition, injury can occur. This is called over-training. The body needs sufficient time to recover from a workout. Without rest, the muscles will remain fatigued and susceptible to an increase of strains and tears. Additionally, over-training can result in joint damage or it can lead to more serious and permanent health problems such as osteoporosis, eating disorders, amenorrhea, and psychological problems.

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Compulsive Exercise



If exercise is good for you, then can you exercise too much? Yes.

Compulsive exercise is a psychological condition in which a person (more common in females) exercises beyond the necessary or recommended requirements for daily health or athletic performance. Often times, these people feel deprived or guilty when they do not exercise multiple times a day. A compulsive exerciser will not allow anything to interfere with a workout, including time with friends or family.

Whether for a sport or fitness, compulsive exercise is a threat to anyone. It is important to balance your responsibilities, your goals, and your leisure in order to be the healthiest you can be.