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Q306) There are many factors that are important that a coach must consider in order to avoid overtraining.

A coach must consider age limitations. A young athlete's body is not adapted to heavy workouts and can easily lose maturation. Stress fractures and shin splints can occur.

A training is ~~overly~~ too intense, frequent or have too long a duration. Older athletes also have less bone density so it is important for coaches to have less frequent training sessions.

A coach should consider the characteristics of an athlete in order to avoid overtraining.

Personality may lead to high levels of trait anxiety. Too much training may psychologically stress the athlete.

Hereditary may mean the athlete does not have the genes to compete competitively at high frequencies.

The ability of the athlete must also be considered to avoid overtraining.

A coach must be seen athletes to ~~manage~~ understand previous medical conditions that may lead to overtraining.

A coach must plan the season to give enough periods for rest and recovery. Athletes need sufficient rest in order for the body to recover, muscles to repair and glucose levels to replenish.

Cool down must be used to prevent overtraining. Cool down slows heart rate, reduces inflammation and swelling and ~~is~~ restores neural pathways.

~~There~~ Coaches must consider appropriate resistance training. Too many repetitions of heavy weights can lead to overuse injuries.

Coaches must look out for the signs of the onset of overtraining in order to prevent it. Signs may include a lack of motivation in their training. A lack of interest, other psychological behaviours

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include argumentative behaviour. Increased irritation. Lack of confidence and self esteem resulting in lower performance levels.

Physiological signs include increased bouts of illness, like the common cold. Tears or sprains. Skin splits. General pain and fatigue.

If such symptoms are occurring it is important that a coach considers resting an athlete for a period of time in order to recover physically and psychologically. ~~It~~ Perhaps more rest should be incorporated into the training schedule. Perhaps decreasing the amount of training sessions.

Coaches must consider many factors in order to avoid overtraining their athletes.