



**LARBI BEN M'HIDI
UNIVERSITY**



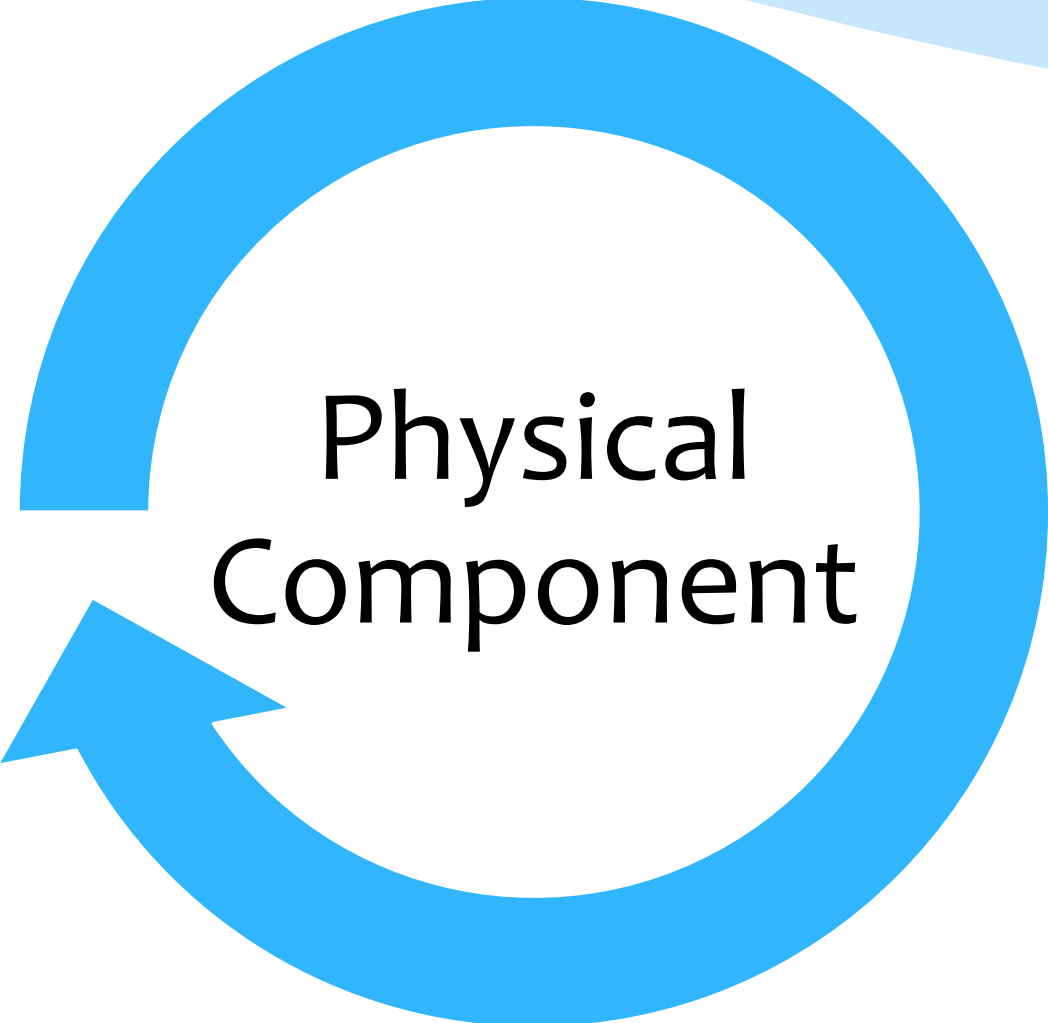

Introduction to the field of science and techniques of physical and sports activities

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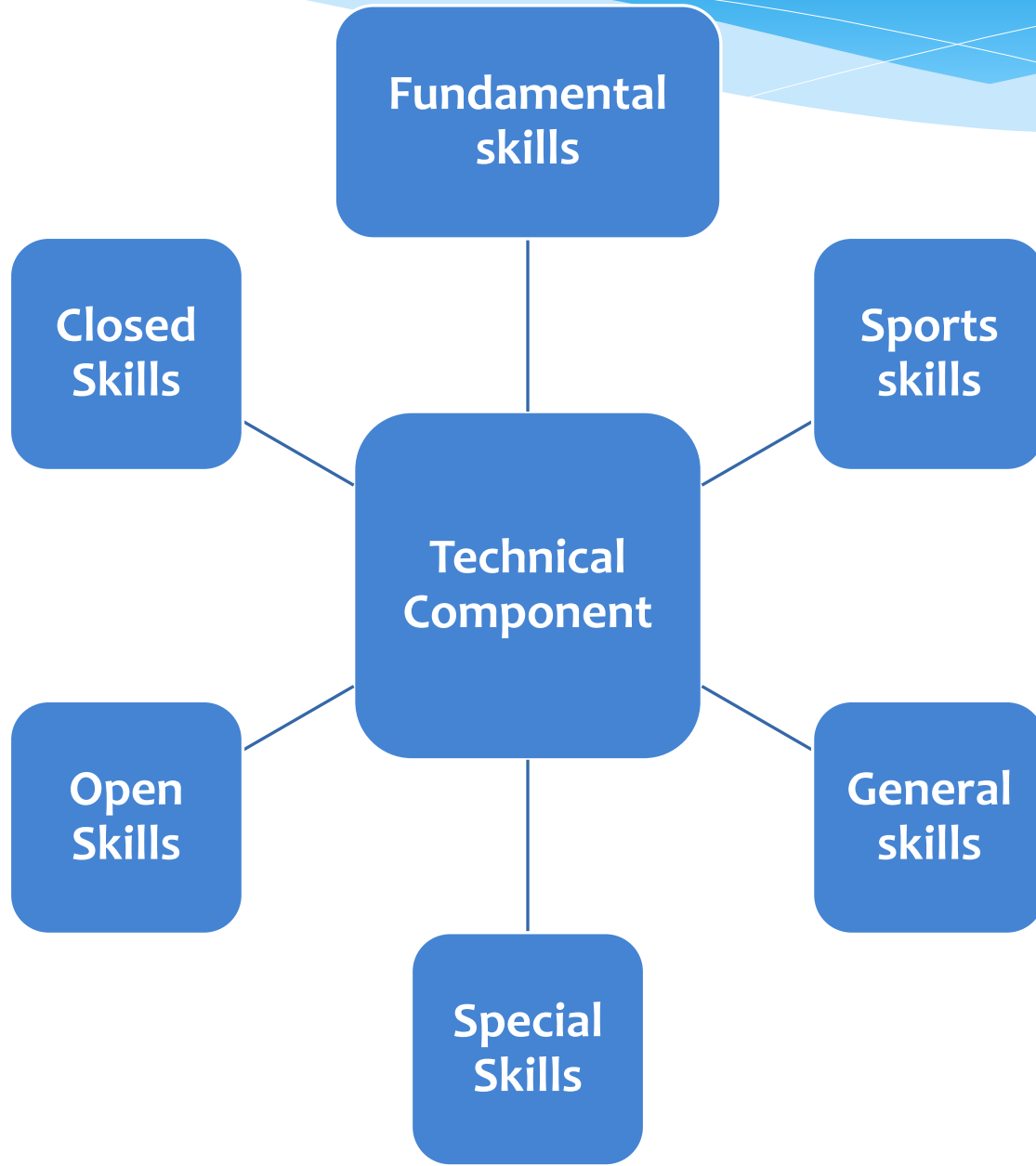
Characteristics of Sports Training Components





Physical Component

- Force abilities
- Endurance abilities
- Speed abilities
- Coordinative abilities
- Flexibility



Strategy means a plan which was created beforehand and is based on experience with a purposeful conduct of sports competition that has proved to lead to an expected result in a specific competition.



Tactics means practical execution of strategy in a specific race situation. Practical execution is based mainly on acquired possible solutions of specific race situation. Progress of acquiring possible solutions of race situations must be in compliance with the duration of sports training within the selected long-term conception of sports training.

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graph TD; Temperament --- PsychologicalComponent[Psychological Component]; PsychologicalComponent --- Attitudes; PsychologicalComponent --- Motivation; PsychologicalComponent --- Qualities[Qualities of an individual];
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Temperament

Attitudes

Psychological
Component

Motivation

Qualities
of an
individual



Temperament which is manifested on the outside through emotions and is related to the dynamics of mental processes. In practice, four basic types of temperament are distinguished: **sanguine, choleric, phlegmatic, and melancholic.**

Motivation is understood as an incentive which supports some kind of behavior and is decisive in the kind and intensity of a person's acting.

Qualities of an individual are innate and can be divided into two positive (devotion, persistence) and two negative (dependence, selfishness) categories. Qualities of an individual are characterized with four dimensions: direction, intensity, scope and duration.

Attitudes are – as opposed to qualities – acquired and they are repeatedly manifested in given situations. Attitudes originate from echoing, maturing, rationality or on the basis of emotional reactions. All of the above factors make a unity which is referred to as **character of an individual.**