



# International Journal of Advanced Academic Studies

E-ISSN: 2706-8927

P-ISSN: 2706-8919

IJAAS 2019; 1(2): 130-132

Received: 01-08-2019

Accepted: 03-09-2019

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## A study on intensity of exercises in training process

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### Abstract

This paper presents the activities and exercises which are valuable in term of physical and physiological characteristics on teenagers and adults. In addition, in lights the necessary issues on theoretical and practical parts of capacity building for athletes. It also studies the effect of different methodologies in training athletes, how much severity and intensity of exercises can be considered by the coach. The organism of the human body has the ability to use different exercises. Therefore, it is important to use different conditions and exercises should be planned in a way that the work power provide opportunity on different muscle groups.

**Keywords:** Intensity, training process, physical

### Introduction

The value of general training that develops the physical properties, such as: strength, speed, agility, softness, intensity and intensity of exercise which is important during a lesson and plays an important role in the development and capacity building of athletes. It is the only possible way to ensure the high level of athlete's health and provide high level possibilities for the functions of the internal organs system. General training develops the volume and intensity of training by the trainer. According to the plan, it forms the ability and the physical properties of athletes. These trainings in all sports disciplines are applicable, but different types of sports disciplines are examined for the various tasks of the training, and this article follows the following objectives:

- To identify the effects of training on muscular fitness
- To find the factors that affect muscle strength

The volume and intensity of the exercises are determined by the time and cramps of the movements. The speed of the movements and with equipment and without equipment by consideration of rest includes the total flow of lessons and exercise.

### The method of repeated intensity exercises

The volume and intensity of the exercises can be trained, but to a certain extent, after a period of time, the intensity or volume of exercises should be reduced (Rastiodski, 1999) <sup>[7]</sup>. As it is obvious that the volume of each exercise without a particular intensity meaningless. Therefore, it is considered in the work plan. The impact and intensity of the activity and volume are different in terms of the tasks of the preparation periods. In fact, the volume and activity intensity correspond to the readiness of the general and the private athletes. Which the general readiness forms the general one that is why to increase ability and movement actions. In this case the volume of a, is the practice of general movement, in which case the volume of exercises is more than activity intense, and in some cases, the intensity and volume of the exercises are coordinated. Unlike in the eve of the tournament, the athletes who receive the Super Form decrease training volume and increase the intensity of activity (Alexander, 2010) <sup>[1]</sup>.

The strength of the exercises is not only determined by volume and severity but also the strength of the exercises in one day related to the psychological ability, and reactions of the body of the athlete, which is also of particular importance.

In tournaments, which is specifically used for the growth of more activity, it is used during this period, and in the recent period, the exhaustion and frustration of the presence of the athlete are more likely to appear, thus, athletes will be in the transition phase. In this stage the volume and intensity of the activity is reduced and the rehabilitation phase begins.

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The gradual and progressive development of the power and ability of athletes involves regular exercises and every day considering exercises in accordance with the established program in the second phase of recovery and development of physical fitness, especially when full power and physical capacity are fully restored and to a large extent has come. The achievement of the above goals is only possible in the event of adaptation and the various qualities and frequency possible (Kooph, 2012).

### Categories of strength exercise

The strength of the exercises can be classified in the following categories:

1. The rehabilitation, which is relatively long that effectiveness as required is not visible, but the basis for the development of physical properties is its responsibility.
2. The superconductor is close to the maximum power and ability with change the body functions.
3. In this case, the rehabilitation of physical fitness has reached its maximum level that almost after 6-7 days, the results are observable due to the heavy exercises.

The strength of the exercises and rest depends on the type of activity that is different on the properties of the exercise, reveals its effectiveness such as:

- a. **Less exercise:** The effectiveness after laceration occurs after 4-6 hours of rehabilitation.
- b. **Moderate exercise:** Effectiveness and development often occurs after rehabilitation in 14 to 24 hours.
- c. **Heavy exercises:** According to its effectiveness mostly it is used during the lessons. After exercise, the rehabilitation of strength and ability is restored after 32-34 hours (Ghazizadeh, 2004).

The division of the strength of the exercises takes place according to the goals and plan. When the restoration of physical strength can be completed sooner and better that after exercises the athletes have active rest rather than passive rest. It means to use less or less than average exercises (Mahdi, 2008). As we know, the effectiveness and benefits of heavy exercises are clear, but serious attention should be paid to this, because whenever the usage of heavy movements are un planned or the exercises are not regular and without any consideration of certain distance and time for the physical fitness of the athlete (the ability of the body's mechanism). There will be a negative result.

### Repeated Intensity

In this method the usage of exercises from the beginning to the exhausted point is from 60-70%. It turns out that the performance of exhaustion (from exercise activity) or weight contributed to muscle growth. To get better results, boost your fitness. The exercises or weight that athletes use more than 8 to 12 times have better outcomes. Repeated intensity is widely used if the tasks of grow up are against athletes. For example, spinal muscle or muscle growth due to arthropod training grow up part of the muscles. This growth in cervical muscle strength, lifting hands and its liberation from raising the opponent to the shoulder, can grow some muscles, with integrity, this greatly enhances the ability to strengthen talent capacity and foster extreme virtues of particular value (Zalmai, 1395) <sup>[8]</sup>.

**Dynamic intensity method:** Can be used in terms of speed and power growth goals. In this type of technique, the basic structure of the technology is protected. This type of technique can be used to raise the weight and various special movements (throwing an opponent) from the ground for throwing from the shoulder back to back. These types of exercises should be used as quick and as intensely as possible, and should not be furthered the techniques.

Yaa Shetokman, a specialist and a trainer of gymnastic 40-years ago has started gymnastic activities, could get valuable results and was able to train many masters in this area. Her method is applicable in majority of the countries of the world. And all the heroes started their workouts from the age of 8-9.

The current experiences has shown that his discipline is conducive to obtain excellent results while men are different from the beginning of primary, secondary, high school, and university education, according to the plan and the physical education program and in the provincial and national teams. Based on the plan and criteria they have adopted, the nature of the preparedness of the plan related to scientific assessment and decision making from the beginning up to the top of the level (Ghafouri, 4831).

Right now, physical education scholars are busy with the experiences of ages in different classes, to scientifically begin the study of specialized activities, and to design material and implement them in trainings.

Although, the result is different, the long-term plan for growth of physical activity in the period of preparation should be considered in the final five basic conditions.

1. Age legislation, reactions of teenagers and adults who continue to practice
2. Success ages to excellent results
3. Desires for the growth of sport discipline
4. Strengthening the organization of education and training
5. Experiences of qualified trainers that their exercises are in accordance with the established rules with regard to the volume and intensity of the activity (Koff, 2012)

In repeated methods, the physical education scholars believed that exercises continue until tiredness develops, and others believed that after a boredom two to three times the practice should continue. The above discussion is summarized that first the work and physical activity creates the tiredness that can be used for a maximum, and in the latter case, it damage the central nervous system (seizure). (Hamidi, 1384) <sup>[5]</sup>.

### Summary

In conclusion, the goal of present study explored the active work of youth and adolescent exercises that are valuable in terms of psychological and physiological properties. In addition, the necessary theoretical and practical subjects for the development of a high level of spin-off, are also clarified. In training athletes, how much intensity, intensity of exercises can be considered by the instructor with different methodologies?

The body of the human body has the ability to use different exercises. Therefore, it is important to use different conditions. Plans should be made to work harder to provide different muscle groups. Moreover, the dynamic intensity (motion), which is used for the purposes of the growth of speed and power, is used in this way, the structure of the basic movements of the techniques is reserved. This type of

intensity can be achieved by lifting the weight and specific exercises these exercises should be used as quickly and as intensively as possible.

In a repetitive method, the intensity of exercises will be used up to 40% to 70% of the maximum, and it turns out that the work up to the exhaustion of the exercise or the weight that the athlete uses more than 8-12 times has the desired results. Will have in front of you.

In a repetitive fashion, intensity is widely used if the task is to develop power against the athlete, for example, the growth of muscle spinal or thoracic muscles through regular and systematic exercises, especially this increase in exercise in upper frontal stance exercises in gemstone and so on, each one can grow a part of the muscles, which will be of particular value to strengthen the ability to foster talent and foster extremism.

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