

## **Effects of Learning and Transfer of Training helps in prevention from Common Sports Injuries during Training period and while performance**

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### **ABSTRACT**

*The purpose of this study was to investigate the effects of **Learning and Transfer of Training helps in prevention from Common Sports Injuries during Training period and while performance**. In this topic we discuss that learning and transfer of training is just like two faces of a coin which cannot be separated, Because without learning a student/player unable to learn any skills of a particular game or event and when he learns skills of a game then he apply particular skills in his/her game i.e. transfer of training and a players becomes master in his skill which helps in prevention from Common Sports Injuries during Training period and while performance. Because transfer of training means things learns in one situation and applied in another situations by using their own personal skills of a particular game for the attainment of good result. The study will sample comprise of 100 women players of J&K UT and Ladhak UT from Northern India. It concludes that **Learning and Transfer of Training plays a vital role in prevention from Common Sports Injuries during Training period and while performance**. It acts as pivot in bringing about skilled.*

**Keywords:** Investigate, learning, transfer of training, attainment, prevention, injuries.

### **I INTRODUCTION**

Learning in physical education means a change in the player's method of practicing, participating and performing a motor skill in sports situations. Learning can be defined as a change, a modification, or an adjustment in the behavior of an individual as a result of learning new responses in the form of knowledge, skills and experience. These changes are relatively permanent in nature. Learning is an important field of study in psychology.

Learning is a lifelong process which starts with birth and ends with death. All animals struggle to survive by making adjustment in the environment but human child requires much more than merely biological adjustment.

Learning in case of human beings, is a matter of progressive change in behavior. It results of a felt need from within the organism, unless there is a strong urge in the body to adopt a particular response and to modify its pattern.

On the other hand the concept of transfer of training is not a new one in the field of education. All learning involves transfer, for it always takes within the context of some previous learning. In the learning of a simple skill, what is learned at one stage facilitates progress at the next stage.

**“Things learn in one situation and applied in another situation by using their own personal skill is known as transfer of training”.**

Training means the carry-over of learning from one situation to another. It is the help that learning of one skill gives in the learning of another skill.

“The use of the results of previous learning in a situation that differs in some way from that in which the original learning took place is called transfer of learning or training”.

### **II MOTIVES OR NEEDS**

Learning and transfer of training plays an important role to improve the performance of a sports man.

Learning is the conversion of theoretical knowledge into practical whereas; transfer of training is the conversion of learning into effective learning for the attainment of motive.

Learning and transfer of training helps in:

- (a) Helps of improve performance.
- (b) **Self confident:** A player becomes confident in his/her performance because a player learns everything while training and skillful in his/her game.
- (c) **Tactful:** When a player learns skills he becomes master in his game.
- (d) **Prevention from common sports injuries:** It helps in the prevention from common sports injuries because in learning and transfer of training a player become proficient and effective in skills.

### **III LITERATURE REVIEW**

**McArdle et al.** demonstrated significant "V02max increases of 6.3% and 2.6% on the tread- mill and swim tests, respectively, following run training, noting that the improvement differences between testing modes were significantly different. Although their results indicated support of specificity of training, it was also observed that large muscle exercise may produce a general adaptation in maximal and submaximal heart rate (HR), with

significant decreases recorded in these values during tethered swimming following run training. With either swim bench or swim training, **Gergley et al.** demonstrated a significant (18%) increase in tethered swimming and a 19% increase in swim bench  $\dot{V}O_{2peak}$  values for the swim group. The swim bench training group's improvements paralleled those of the swim group, with values of 11 % and 21 %. However, neither group showed an improvement on the treadmill  $\dot{V}O_{2max}$  test.

**Pate et al.** evaluated the effects of alternative modes of training to determine if this type of training would decelerate the detraining process. After 8 weeks of leg training on a cycle ergometer, significantly increasing cycle ergometer  $\dot{V}O_{2max}$ , study participants were randomly assigned to an arm-trained group, a no-training group, and a group that continued to leg train for 4 weeks. After the 4-week period,  $\dot{V}O_{2max}$  was greater in the leg-trained group than in the arm-trained group and the no-training group, with no difference between the 2 latter groups. These results support the specificity demonstrated by Magel et al.

More recently, **Bhambhani et al.** emphasised the need to examine ventilatory threshold (VT) changes as well as  $\dot{V}O_{2max}$ , and to utilise training intensities that are above the VT for each method of exercise when investigating the transfer of training. Using 2 groups, arm cycle ergometer trained and leg cycle ergometer trained, they noted a significant increase in both the VT and  $\dot{V}O_{2max}$  values only when the test modality was the same as that of the exercise training. They also observed a specificity of training during submaximal exercise and concluded that improvements in exercise performance following short term aerobic training are due primarily to peripheral adaptations in the trained muscles.

#### IV OBJECTIVE OF RESEARCH

- (a) To investigate the effects of **Learning and Transfer of Training helps in prevention from**

#### Common Sports Injuries during Training period and while performance.

#### V HYPOTHESIS

On the basis of literature review and objective we came to develop following hypothesis.

H1: **Learning and Transfer of Training** has significant effect on **preventions of Common Sports Injuries during Training period and in competitions.**

#### VI METHODOLOGY

The study sample comprised of 100 women players of J&K UT and Ladhak UT from Northern India. The data is collected through a questionnaire consists of 15 questions. All questions are close ended questions with the use of a five point Likert scale consisted of strongly disagree, disagree, neutral, agree and strongly agree. All questionnaires were distributed and collected by hand from the offices of Youth services and sports J&K UT and Ladhak UT. Ninety five questionnaires were collected after one week. 95 of them gave the response to our questionnaire. After checking them 79 were found correct and the response rate was 83%. These 79 questionnaires were included in the study. The analysis of the questionnaire was undertaken using Statistical Package for Social Sciences (SPSS). All mean and medians were calculated using SPSS. Descriptive statistics was used to determine the independent variables and to conclude the results on the basis of secondary and primary data. Most of the results consist of secondary data.

#### VII ANALYSIS INTERPRETATION

If we see the z-test value it lies in the critical region. It means the data and the results are significant of our hypothesis.

Descriptive Statistics				
	N	Mean	Std. Deviation	Variance
Learning & Training Desing	79	.2532	.79208	.627
z - Test:				
		Variable 1	Variable 2	
Mean		4.253164557	4.278481013	
Observations		79	79	
Hypothesized Mean Difference		0		
z		0.205412008		
P(Z<=z) one-tail		1 0.41862512		
z Critical one - tail		1.644853627		

It is very necessary for the sports organization to design the training very carefully (Michael Armstrong, 2000). The design of the training should be according to the needs of the women players (Ginsberg, 2017). Those organizations which develop a good training design according to the need of the players as well as to the organization always get good results (Partlow, 2018; Tom B et al., 2018). It seems that **Learning and Transfer of Training** design plays a very vital role in the performance enhancement as well as in training periods. A bad **Learning and Transfer of Training** is nothing but the loss of time and money (Tsaor and Lin, 2018). All these results prove our Hypothesis which is H1: **Learning and Transfer of Training** has significant effect on the **preventions of Common Sports Injuries during Training period and in competitions**.

### VIII CONCLUSION

In the end we can conclude that **Learning and Transfer of Training** plays a vital role in **prevention from Common Sports Injuries during Training period and while performance**. It acts as pivot in bringing about skilled.

### IX RECOMMENDATIONS AND SUGGESTIONS

**Learning and Transfer of Training** is the main reason for attainment of good result because in Learning and Training a player learns skills under the guidance and supervision of skilled coach which infests the techniques in the players which the players applied/adopt during the games and brings success and satisfaction for himself and for the team also. It builds the moral of the players/team and he becomes well-versed in that skill or game. Sports organizations have to come forward for more such type of studies and implementation of required methodologies for effective performance enhancement in sports. It is further recommended to plan this type of studies in national and international level.

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