Abstract
The “sport” concept has constantly been evolving; it was defined in many ways and got itself explanations and various interpretations, according to all different theoretical approaches. Sport, as a constantly perfecting domain, is an effect of the activities conducted for human skill improvement. It is a process done according to a society pattern, a depth guided set of actions which develops and helps mature all human aspects; the morale, the physique, the esthetic, the emotional and rational sides. One of the structural elements of a sport system is, alongside the human factor, de financial and informational ones, the sport training. Sport training has the purpose to project the athlete, by using specific stimuli adaptation, to gain high quality results in one or more forms of “physical exercise”.

Keywords: performance sport, sport training, training science, instructive and educational process, physical exercise, sport type.

JEL classification: I 19, I 29

Introduction

Theoretical aspects of performance sport

The “sport” concept has constantly been evolving; it was defined in many ways and got itself explanations and various interpretations, according to all different theoretical approaches.

Far from being a static generalization, sport is a constantly moving notion that is also renewed according to social and human realities - an open system. Each evolution step has had equally important turning points in defining sport.

By remaining open to classifications and systematic theoretical rooting, the “sport” concept has constantly enriched its content and also extended its area of involvement and its actions getting new definitions and symbols - and the most important thing, it increased its degree of physical requirements. Sport, as a constantly perfecting domain, is an effect of the activities conducted for human skill improvement. It is a process done according to a society pattern, a depth guided set of actions which develops and helps mature all human aspects; the morale, the physique, the esthetic, the emotional and rational sides.

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On the other hand, we notice sport is the process of turning humans from “self fighter” (the choice to be a sportsman or fighter) from “actual fighter (real life sportsman, athlete or fighter which notices his/her needs and how to act efficiently, independent or in a group).

Considering that, sport means “becoming” as well as the result of this process. One of the structural elements of a sport system is, alongside the human factor, the financial and informational ones, the sport training.

Its size and complexity give the whole value to the system. Sport training or sport preparation - theoretical and practical - having the practical side as dominator, is an integrative part of a much larger field, defined as “the training science”.

Training is, usually, a very complicated process - of teaching, biological and psychological, done in a highly social environment. The activity is systematically and continuous done in an order that requires learning, building skills and perfecting but also orientating, accommodating and adapting to the new area of effect.

Sport training has the purpose to project the athlete, by using specific stimuli adaptation, to gain high quality results in one or more forms of “physical exercise”.

Adaptation is achieved by using a succession of physical, physiological and psychological transformations, within a teaching subject called “instructive-educational process”. Experience showed that every instructional process has its own characteristics given by its objectives, contents, methods and procedures, specific and unspecific ways of action, physical, technical and tactical potential of the athletes, and last but not least - competence, character and trainer experience.

An instructive process’s shifts are expressed by the movement skills and by the quality of the skills and abilities.

Sport training is a very wide area. It needs systematization and data interpretation regarding practical and methodical aspects and organizational aspects - results obtained from experience and depth scientific studies.

It must be said that, no matter the amount of knowledge and its quality, a singular approach is not enough. As a real support for these, we have biology, statistics, psychology and social sciences, all which give the means and methods used in sport training a scientific base.

The exact meaning of these statements is: appreciating and outlining precious information and experience, at the same time discouraging improvisation, shallowness - all these have been a part of the sport specialists all over the world.
From ancient times, sports technicians were preoccupied by obtaining victory through exceptional performance.

Today’s medals and titles are obtained only by using inner and outer training session’s information. One cannot work without a pattern, a comparison to your opponent’s skills, a close watch, an analysis and forecast and also without planning, programming, leading and evaluation documentation.

Any club’s athlete training that has some degree of complexity must be done in a linear and also concentrically. A linear action means successive shaping, according to age, theoretical and practical knowledge, conducted until reaching perfection or, as desirable, until promoting to the main club level. The second type of influences is felt over distinct periods of time, which are usually encased in base training programs - these being based on sportsman and coach experience. The value of this training can be quantified by medals and titles obtained by the athletes and technicians.

Training sportsman or adapting them to pre-competition demands needs a carefully designed program which needs to be executed in a full yet flexible way, always taking in consideration health, mood, the environment and the machines features - all this must be in balance in order to create a breeding ground for new and improved athletes.

No matter real concerns in all sport clubs of any shape, under a practical view, we consider the following set of training program characteristics as being of maximum importance for sport training:

- The nature of training;
- Orientation - knowing difference in value;
- The stimuli intensity
- Athlete adaptation;
- Training individuality;
- Individualization;
- Increasing sportsman value;
- Increasing the technical’s staff value;
- Collaboration between departments.

We have shown some technicalities because, from our point of view, they are the glue that keeps everything together and is a base for performance sport - which is one of the main objectives.

Without having the intention of a mutual preoccupation, the relation would become shallow and without no major effect on sport performance.

To our experience, it is better to add some thoughts of our forefathers:

- “Sport performance grows as long as we maintain it - when we stop, it stops also”;

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- “Success needs sacrifice. Be willing to pay the price, in time - energy, enthusiasm, commitment, devotion and will power”;
- “Most times the difference between success and failure resides in our attitude”;
- “You were born to be a winner, but in order to become one, you must plan to win and you must get ready to win. So, make a plan and stick to it!”

Influenced by the structure type, communication makes information travel in well designed patterns and routes. Thee routes are done by formal channels created with the intent of improving and changing, according to the environment and the need of the organization.

We therefore consider the whole management communication process in physical education and sport as being dynamic and having repercussions in fulfilling training objectives.

**Complex training**

A support for sport performance

The training process of performance sports has always been a complex undertaking which needs depth and professional involvement from all parts.

All main roles of this process are played by managers, coaches, instructors, medics, psychologists, social experts and technicians - all establish and pass on theoretical and practical know-how to athletes.

The current sport club stage is characterized by numerous achievements materialized by medals and titles - more numerous then the last period - state that proves it can be done, but which requires a deeper analysis, focus and commitment from all involved.

Realistically speaking, we admit that failures too were many. They manifested themselves on sportsmen and coaches. Therefore, we have to discover failure causes - both subjective and objective factors.

Considering that, a low selection pool, limited youngster physical potential, low budget, unprofessional diets, wrong equipment and machines and, of course the inefficiency of planning and leading documents, are quickly spotted as faults.

We cannot, however, overlook the most complex side - the training - by training understanding the existence and value of training sessions, methods and methodical procedures, coach ability in combining ways of action.

Sometimes, we encountered in our training environments, in some sports, training plans that have not had results and values as support. We have never found individual integration plans in non-legitimate sportsmen sectors. These activities and theoretical concerns must be the working sine qua non part of the system.
The performance sport training process, which requires theory building activities, movement skills and habits, perfecting trainer methodical preparation is recommended to focus on integral and long-lasting training elements assimilation, based on modern training connections.

The fragmented and non-linear and algorithmic connection of training contents and passing them to young athletes, without having a developing degree of complexity, lead inevitably to shaping different other movement skills, not necessarily having a high value level. To this lack of efficiency mismatching the sport with all athlete traits is an unwanted addition.

The need of rapidly assimilating theory and practice has not become the base of high performance sport, to this current stage.

Sport training has the purpose of providing the athlete with better results by using stimuli adaption, in any form of “physical exertion”. Adaptation is done by using a succession of physical, physiological and psychological transformations, done within an instructive-educational process. Experience has shown that every instructive process has its traits generated by objectives, training contents, methodical procedures and methods, specific ways of action, the physical, technical, tactical and psychological potential of athletes, and last but not least, the competence, character and trainer experience.

Sport performance, the measurement unit of the instructive and educational process

The training process of performance sports has always been a complex, painstaking, depth and professional activity. We can consider it a laboratory in which potential performance is transformed into medals and titles (national, world and Olympic).

By the time we put these ideas in this paper, Romanian sportspeople participate, return or prepare for competitions, having worthy and mediocre results. The negative effects guide our attention to failure causes. A low selection pool, limited youngster physical potential, low budget, unprofessional diets, wrong equipment and machines and, of course the inefficiency of planning and leading documents, can be quickly spotted as faults.

To our surprise, considering the level they perform in, we have encountered trainers that build annual training programs based on competition results. They do not have thorough documentation. They do not have a sport shape graphic.

In this context, our action of considering scientific training can be synthesized in: building knowledge skills and habits, constructing modern leading documents, training actions complexity, the efficiency of action paths and the continuity and durability of passing on theoretical and practical skills.
Our attention must go to the sport analytical program, as a new document for the trainer in which he/she must note all training contents, based on sport elements - this document can be also called “script”. This script guides the trainer to finding means of action and their repartition per time and theme.

In fact, the script holds what is known and what must be improved, but also new aspects, which keep adding on to athlete portfolio, aspects that are in harmony with their potential. The material can be quickly and swiftly learned both technical and tactical.

Sport condition

Sport condition is defined in some specialty materials as being “the optimal biological and physical state or as the high level of health-genetic standard”, the proper functional degree suggested by harmony, synergy, effort commitment and will. To these, a general metabolic economy state in relaxed and dynamic conditions is added.

An athlete willingness to reach and maintain sport condition is highlighted by the physical, technical and tactical potentials - or by the whole set of competitive drive accumulated during his/her previous evolutionary stages. Worth to be mentioned, the sport condition can be achieved by many sportspeople in different ways, in a certain environment. It is connected to competitors. Our problem is reaching that condition which puts our athlete in a fighting position; after the fight he/she must be at a higher performance level.

The sport condition is obtained in a guided way, a very important role comes to the trainer. The trainer guided training session means passing on and gradual learning, on the right intensities, of the training contents which influence values, skills, movement habits and skills and technical procedures and tactics.

The physical and tactical efforts are actually exercising structures that are applied at different rates and difficulties of superior models, national, international, with which our sportsman must be confronted. Hopefully, a significant percentage of athletes must reach an equal training level, in order to easily defeat opponents. There are situations when the whole potential of our teams do not gives us a fair chance of winning a competition, most likely an acceptable defeat.

Sport condition has preset values. When we analyze results, and it turns out successes are more common than failures, we can afford to accurately pinpoint, according to the sport calendar, the duration and maintenance of it.

In a different interpretation, sport condition requires to be in best condition and to be in the maximum effort capacity.
Reaching a sport condition is a coach strategy as well. He/she settles, according to teaching and psychological resources, ways of action, means, methods, procedures and deadlines. Strategies have a length: a year, 2 years, Olympic length.

The physical, technical and psychological manifestation occurs at any encounter with an adversary, no matter the environment or daily routine.

Expressing it in training sessions and competition gives out a training desire and fight, and on the other hand, optimal programming of efforts, done by a competent trainer.

We understand that reaching the top as an athlete or as a team is not instantaneous. It is a logical process, in a lengthy production, which is controlled and guided with the help of all feeding, housing, medical assistance, equipment, gear and installations.

Signs of reaching sport condition are firstly seen in training, by task value and body recovery, and then in friendly contests, and finally in different degree of competition. A succession of quantitative and quality transformation is being produced in order to reach sport maximum.

Values accumulated over duration of time are quotas, tied together by a line which can be straight and which; from the first value to the last it represents the diagram of sport condition. Without a graphical representation of behavior elements of athlete and team, of all factors which leads the trainer in current and opportune knowledge, he/she expects the contest which can confirm and infirm the effect of applied training contents or of materials, machines, installations and gear.

In sport competitions, especially those on team, the sport condition does not have the maximum effect - the one desired by the coach, if it is expressed one-sided, by using a single training factor. It is rarely the result of a single training component.

When a sportsman has only one flawless technique, he/she masters one method, even by using a creative approach, this player is not used in all game actions and across the whole competition span. By this behavior, he/she cannot bring full contribution to victory. Sport condition is a sum of technical, physical and physiological reactions.

Sport condition is not always an exhaustive value, except maybe for power lifters or jumpers, where records that can last for years can be established.

The sport condition is a constantly improving state. In the case of sport condition one cannot maintain a sportsman life. It is not like a ladder on which you constantly climb at the beginning of your career and stay on till its end. It represents positive oscillations of the athlete behavior, superior quotas of training
and competition confrontation. The sport condition represents the value of some maximum capacities, although not always in the order the coach wanted. It is influenced by objective and subjective factors. It is shallow to think sport condition is only achieved due to technique and its efficiency. The peak has some biological reasons behind it.

From the anaerobic-aerobic relationship point of view, some interpretations can be shown like this:

<table>
<thead>
<tr>
<th>Sport group</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anaerobic mainly</td>
<td>The capacity to train athletes in physical exertion, in a short time with a short recovery time</td>
</tr>
<tr>
<td>Aerobic mainly</td>
<td>Great effort capacity, based on a high physiological efficiency</td>
</tr>
<tr>
<td>Aerobe / anaerobe</td>
<td>The capacity of working with multiple maximum intensity repetitions, based on a high physiological efficiency</td>
</tr>
</tbody>
</table>

T. D. Bompa – Training theory and methods

As we understood from practical activities and also from studying specialized papers, from discussions with trainers and psychologists, the physical, technical and tactical components are learned and reused through a tonic and psychological behavior. From this point of view, sport condition is a state of readiness for sustained and complex actions, coupled with an intense excitement.

Practice confirmed that announcing intermediary times, the number of exercise and series, mobilizes the athlete and contributes to his/her psychological and movement tuning. In this way, emotional factors build up upon affective resonance of the sportsman in comparison to his adversaries’ skills and training level.

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