

Aspects of modern sport preparation related to training planning and periodicity

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Abstract

The present study is an attempt of multidisciplinary approach of the difficulties generated by the achievement of higher sport performances. In the last decades the achievement of high sport performances has lead to significant material advantages. For these reasons all the people involved in sport activities have looked for concrete means to improve the training process. This could be achieved by implementing the results obtained after some researches in different scientific fields. Among these scientific fields that had a real impact not only on the improvement of the training process but also on the value of sport performances we have to mention muscular genetics and neurophysiology of muscular activity. According to the mentioned above, in the present study we offer a personal approach of the means through which we can use the researches undertaken within these scientific fields in sports training planning.

Keywords: muscular genetics, sport training, sport training scheduling and planning, improvement of sport performances.