

**Chapter-10**DOI: <https://dx.doi.org/10.22159/ED.c10>**A Study on Sports Training and its Component**

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**Abstract**

This extensive chapter explores the relationship between components of sports training. The components are volume, intensity, and density. It starts with the meaning of sports training and later describes all the variables of sports training. The first component is volume and volume; it describes how we measured the volume in different games and sports and what are the types of volume with suitable examples. After volume, we explore the meaning of intensity and understand the different ways to measure it (Training heart rate, metabolic equivalent, rate of perceived exertion). We also explore all types of intensity feasible on the ground during training. We also talk about which intensity is subjective. We also explore how we find intensity by bioenergetics system. The last component we discussed here is density and its types in relation to time and we also learned how to calculate density with proper examples. Lastly, we found the relationship between all three components.

**Keywords:** sports training, volume, intensity, density, target heart rate, metabolic equivalent, rate of perceived exertion

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