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CHAPTER I

INTRODUCTION

1. Introduction

Every country now strives to showcase its excellence in all fields, and sports performance has become a globally recognized benchmark of success. Developed and developing nations alike invest significant resources in achieving sporting excellence, aiming to compete at the highest levels. Popular sports such as track and field, football, cricket, basketball, tennis, and badminton are widely played worldwide. As the competition intensifies, the demands of these sports continue to grow, leading to continuous advancements in training methods, performance analysis, and sports technology. In this evolution, research is essential to help the refinement of teaching methodologies, the development of innovative equipment, and the integration of new technologies to enhance athletic performance. The successful international sporting is the consequence of well-structured sports policies, investment in athlete development programs, and scientific advancements in training (De Bosscher et al. (2008)). Similarly, Bangsbo et al. (2014) highlight that improvements in training intensity, physical preparation, and metabolic conditioning have significantly influenced elite sports performance. Additionally, Reilly et al. (2009) emphasize the importance of an integrated strategy, involving physiology, psychology, and biomechanics to optimize talent development. Furthermore, Fletcher & Arnold (2011) discuss how leadership and management in elite sports have evolved to support athletes in achieving peak performance. Collectively, these research contributions directly or indirectly enhance the ability of individual athletes and teams to reach their optimal performance levels in the ever-competitive world of sports.

The ancient Greek philosopher Aristotle conveyed the value of individuals, as quoted by Bucher (1968): "The body serves as the sanctuary of the soul, and achieving a balance between body, mind, and spirit necessitates physical fitness." Numerous factors influence the effectiveness of the human body. Although the value of competent training has long been recognized, the relevance of providing thorough sports training has increased as sports have become more popular in society. Bucher (1968) asserts that sports training and physical education are essential for improving mental and emotional health in addition to physical prowess. The integration of

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