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How your Athletic Career is Determined

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ABSTRACT

The athletic career, defined as the time an athlete devotes to achieving their maximum performance in one or more sports, is divided into four stages: initiation, development, mastery (elite), and retirement; however, each sport has its own unique characteristics, and the lengths of the stages and ages vary greatly. As a result, an athlete's career attributes may be influenced by the sport they play. The athlete is viewed as an individual in accordance with the holistic paradigm of sports career development. As a result, the athlete is growing both personally and in his or her connections with others, as well as, in some circumstances, building a second job outside of sport, all while advancing their athletic careers. This model assumes that the various aspects of an athlete's life, including their careers, finances, psychological and psychosocial well-being, and sports, interact with one another.

Keywords: Athletic career, Sports, Athletes, Exercise, Isotonic exercise, Sport activity

INTRODUCTION

The athletic career, defined as the time an athlete devotes to achieving their maximum performance in one or more sports, is divided into four stages: initiation, development, mastery (elite), and retirement; however, each sport has its own unique characteristics, and the lengths of the stages and ages vary greatly. As a result, an athlete's career attributes may be influenced by the sport they play. The athlete is viewed as an individual in accordance with the holistic paradigm of sports career development. As a result, the athlete is growing both personally and in his or her connections with others, as well as, in some circumstances, building a second job outside of sport, all while advancing their athletic careers. This model assumes that the various aspects of an athlete's life, including their careers, finances, psychological and psychosocial well-being, and sports, interact with one another. Because an athlete goes through changes in each area of their life during their sports career, it is important to examine them all together rather than separately. One definition of a transition is "a shift in assumptions about oneself and the world that necessitates a commensurate adjustment in one's conduct." They might be normative (anticipated) or non-normative (unexpected) transitions. Normative transitions are the changes an athlete might anticipate going through at certain points in their athletic career, such as joining a high-performance facility after being chosen for the national team. Contrarily, unexpected transitions are considered non-normative transitions. These may be injuries or a sudden change in coaching personnel. In order to cope and deal with unwelcome change, one must confront non-normative transitions. The balance between obstacles and athletes' resources characterizes successful or failed transition coping, according to Stambulova's model of sports transitions. When a transition is not successfully navigated, an athlete may go through a crisis and suffer undesirable outcomes including being dropped, abusing drugs or alcohol, or becoming frustrated. The significance of health to athletic careers, the good and negative effects of athletic careers on health, and potential future health-related solutions. The findings demonstrated that players see a clear and significant connection between their sporting careers and health. At the same time, it was determined that early career stages lacked health knowledge. The athletes didn't start to consider their health until they reached a greater level of competition or saw a decline in health. Athletes have poor health awareness in relation to their long-term professional objectives.

Physiology of athlete

An athletic career is a multiyear sport activity that a person chooses on their own accord with the goal of reaching their personal athletic peak in one or more sporting events. Only competitive sports—at all levels—are considered to be careers. Athlete's athletic career might be local, national, or international depending on the highest level of sport contests they have competed in. Isotonic exercise had a greater mean left ventricular end-diastolic capacity and is less prone to experience depression. Athletes are far more prone than the general population to frequent massage parlors and pay for the services of masso therapists and masseurs due to their demanding physical activity. Athletes whose sport favors endurance over strength typically consume fewer calories than other athletes.

There are many complicated traits that affect athletic performance, including hereditary and environmental influences. The strength of the skeletal muscles (used for movement) and the primary type of fibers that make up these muscles are the two main physical characteristics that influence an individual's athletic prowess. Two distinct muscle fiber types—slow-twitch and fast-twitch fibers—combine to form skeletal muscles. Long-distance running and other endurance sports are made possible by slow-twitch muscle fibers because they can perform hard for a long period without getting tired. Sprinting and other sports that call for power or strength benefit from the fast-twitch muscle fibers' ability to contract swiftly while also quickly wearing out.

Responsibilities of athletes

1. Compete with others to win a championship title and national recognition by working together to achieve common aims.
2. Utilize time management, goal-setting, leadership, and teamwork to succeed in school while meeting the requirements for training and competitions.
3. Oversee the development of the NCAA and top pipelines.
4. By completing mobile transactions in the apparel divisions and reaching sales targets, you may provide efficient customer service.
5. Take part in volleyball and soccer competitions.
6. Provide executive level customer care on the sales floor, including assisting consumers in selecting and buying clothing that fits their lifestyle.
7. Utilize multitasking and strong communication skills to respond to customer questions about Nike products and services and suggest appropriate purchases.
8. Each year, the team wins the state championship.