



Category: Invited Talk



NURTURING WORLD CLASS SPORTS PERSONS: ROLES, STRATEGIES AND RESPONSIBILITIES

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INTRODUCTION:

Before I present my views on the topic for this conference, I would like to express my sincere appreciation to my organizers of this conference for inviting me to present my views on the subject chosen for this conference. As been in the minds of all people consider with sports .the dominance of Jamaicans and Americans of west African and Caribbean descent in world class sporting events as sparked intense debate whether running of specs that drive them to the limits of what is humanly possible is all in the genes.

It is an idea that has been very attractive. After all it appears baffling that the tiny island nation of Jamaica with their population of about 2.8 million can consistently produce champion sprinters, while the hole of Asia and Europe can heraldry register more than a handful of athletic in the top eighty two hundred.

Yet sports scientists and geneticists say that attributing sprinting success purely to nature rather than nature is extremely simplistic ,and ignores a wealth of cultural and societal factors that of equally important to beating the marc

What is none about genes in sport is that genetic make-up accounts for only 50% of variability in base line performance .this means that sports performance in a contribution of both nature and nurture.

The balance of fast twitch to slow twitch muscles is key for performance .although training improves muscle performance, slow twitch fibers cannot be converted into fast twitch ,which means that what athletic have is what their genes gave them. (venkateswarlu,2011).it appears that if one does not have at least 70 to 80 fast twitch muscle fibers ,it is unlikely that he/she could be among the top sprinters of the world (balyi,2002).

They was a flurry of excitement about idea of genes for athletic prowess was evidenced in 2003 when scientists found that a gene called ACTN3 AS CERTEN variants that may give the muscles of champion athletes a performance advantage .however ,what is none is interaction of both nature and nurture that determents they athletic outcome .what is most important is athletic success is that depend mainly on what is provided to the athletic who has the required quality to be a champion .no amount of genetic endowment can ensure outstanding athletic prowess unless adequate and appropriate environment is provided .it is their four necessary to conceder the inputs provided to the athletics to realize the oppetmem athletics protection .this particular issue is an assertion an integral part of sports development process

SPORTS DEVELOPMENT:

Sports development is "a process whereby effective opportunities, processes, systems where by effective opportunities, processes, systems and structures are set up to enable people in all or particular groups and areas to take part in sport and recreation or to improve their performance to depict sport development opportunities resulted I a sport development metaphor, the participation pyramid .the base of the pyramid represents mass participation and the top elite participation. The sport development pyramid is not an empirically derived model. It has shaped the thinking, conceptualizing, and planning for sport development in various countries, including Australia, however. As practices have evolved to epitomize more dynamic process than those reflected in the sport development pyramid, the present investigation examined national sporting organization' (NSOs) sports development practices and empirically devised three frameworks that illustrate existing sports development procedure: the attraction, retention/transition and nurturing



processes. therefore, this study overcomes a limitation of the participation pyramid by providing detail about the internal processes and interrelationship implied within the pyramid metaphor, such a detailed representation of sport development processes adds to our existing knowledge of sport development and in our understanding of how to plan for sport development.

Internationally, some studies have focused on development through sport with an emphasis on the social objectives achieved through physical activity .other have examind the development of spot and its application to elite athlete development. the this lack of [empirically based]theory has also impeded the progress of sport development research(b.c.green,2005,p.234)the frame works resulting from study an be tested in different contexts or on a sport –by-sport basis .such testing might reveal gaps in the way sporting organizations pursuer sport development, and assist improve their current pathways and practices, and optimize the use of government funding in sport

Sport development processes

This processes indicate the different stakeholder and the ways they are involved and sport development and they outcomes of their enrollment .they three resulting free works sure they attraction ,ration/transition and nurturing process .this three free works to gather show that sport development is move complex and more encompassing .

Sport development pyramid focused on the relationship between mass and alit participation (shilbury at all; 2006; venkateswarlu, 2010, 1999 ;).Sport development is continuum which as the following four levels:

1. Foundation is the base of the pyramid, and involves the vital first steps of learning basic movement skills.
2. Participation is one level up from the foundation. And involves exercising ones leisure option, taking part in sport for health, fitness, friends and fun.
3. Performance is one level higher than participation and involves the challenge of increasing proficiency by striving to improve personal standards of participation
4. Excellence is reaching the top of the pyramid and involves accomplishing nationally and publicly by striving to improve standard performance.

SPORT DEVELOPMENT STRATGIES

The following all this strategies followed by stake holder to promote athletic exllencep

1. Player development
2. Facilities
3. Coaches, umpires and administration/management
4. Promotions.
5. Compitition and events

Spot development processes and pathways

1. The attraction process
2. the retention/transition process
3. the nurturing process

NUTURING SPORT EXPERTISE:FACTORS INFLUENCING THE DEVELOPMENT OF ELITE ATHLETE

1. Training factors
2. Environment factors associated with the attainment of sport expertise
- 3.maturational factors
4. Parental influences
- 5 cultural factors