

Ability Choice in Sport

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Abstract: The aim of this study is trying to find some features which affect the success in ability choice for students. This study whose aims are to search and analyze the factors for directing the sportives early and getting excellent success searches the completeness of the subject with developing technology. Increase of the sportives number who want to reach high performance in study's searchment is the basic principal. When all sport branches are done by young generation, gifted students appear by themselves. The science enters into the point of choosing the talented students from huge crowd in which people do sport. It is determined that a person's physiological features are suitable for which sport with the several measurements which were taken on anatomic form in early ages. By classifying the children who are arranged in groups they are directed to several sport branches which they like. In addition developed countries surely make students do some suitable sport branches for physical growth in first step. Swimming, athleticism, gymnastic leads these sport branches. Soon, they are getting interested in private branches according to talent and scientific datums. A different point enters into situation features about folk. Turkey could not be successful in these two subjects. The aim of this study doing ability choice to be more successful for sportives whose motoric tests which we determined are good in addition to being a successful sportives or to choose physical, physiological and psychological criterions and help the success of country.

Key words: Ability, choice, sport, criterions, successful sportives, Turkey

INTRODUCTION

Sport has the biggest role to create healthy society at the present time. In addition when we search the importance of sport in world economy we will understand that how the sport is in the life and how it affect the life quality in every aspect (Smith and Stewart, 2010; Abrahamsen *et al.*, 2007).

Directing the crowd to sport is a result of countries common sport policy. Widespread sport programmes serve to specialized sport not only with its functions which evaluates society health, increasing the life quality giving attention to leisure time but also with the condition of growing expert sportives and discovering their talent and bring into the open. World countries created an expert sportives source with their widespread sport policy. The importance of ability choice will be understood when the studies about the subject are analyzed. To get high performance and great success in a sport branch, it is necessary that either genetic or

acquired talent and aptness of individual or persons who interested in relative sport branch should be suitable and practicable. For this reason ability choice and development is the most important point which affects the performance (Adriaanse and Crosswhite, 2008; Bortoli *et al.*, 2009; De Bruin *et al.*, 2009; Foll *et al.*, 2008; Gillet *et al.*, 2009).

Ability choice and determining come about in two stage. While in first stage it is determined that aptness of child or young to sport and their ability with evaluating common rates and datums in second stage private aptness and abilities of that person for foreseen sport branch are determined with the test which determines the ability and is special to every sport branch. All qualities and features which will be tested should be true and obvious because tests and their datums which will be used in ability choice, the age to start training, planning of training, capacities of assumptions and it will be a support for the decisions which is in wide forwarding and management (Andrews, 2003; Assor *et al.*, 2009;

Beauchamp *et al.*, 2005; Dixon, 2009; Kuczka and Treasure, 2005). International sport successes help to gain prestige for presentation of their country and it will be an area in which either politic or economic positive improvements are carried out many country, understood the importance of this in vested a huge fund and today they enjoy their international successes as a result of investment. The most important factor for these successes is studing cleanly and systematically with basic facilities, foundation, trainer and technology to choose and direct the students to suitable sport branch in the most suitable age. It is understood whether the student is convenient or not during training because learnig the movements of people and practicing them is the basis of humanity. Trainers who want to choose the most convenient individuals should start the job by preparing a training programme to which many children can attend (Bennis and Pachur, 2006; Berrett and Slack, 2001; Blanchard *et al.*, 2008; Constantini *et al.*, 2005; Davids *et al.*, 1991).

According to this it can be said that trainning manages the procedure of gaining young sportives and and helps to know their potential. So, attending to training regularly is the mos important external condition to determine the convenience of sportives. This theoretic suggestion does not determine the convenience in any branch, determinative datum factor can be understood before without training this is more effective than physical features (Slutzky and Simpkins, 2009; Casper *et al.*, 2007; Eysenck *et al.*, 1982; Ferkins *et al.*, 2005).

MATERIALS AND METHODS

Getting datums in searchment is in the source scaming model. In this study, tests which were used to find the abilities of sportives were evaluated according to speed, balance, quickness, muscular endurance, flexibility features (Chirivella and Martinez, 1994; Coates and Humphreys, 2003; Fraser-Thomas *et al.*, 2008; French and Nevett, 1993).

Ability: In english talent, ability is a term that in Turksih it can be described as capability, potential of ability.

Talented: It is directed to a certain direction, above normal rate measurement but stil not matured totally and it expresses the familiarity to improvement.

Sportive ability: It includes the individuals who has private or top level convenience for sportives output for

the reason of genetic or acquired behavioral conditions. Common physical education ability is versatile. Physical mental and social factors appear obviously by itself for the persons who has enough physical performance. There are three abilities in sport.

General motoric ability: It can be explained as childrens movement learning easily, quickly, safely and having a huge movement repertory.

General sport ability: This kind of ability includes childrens leraning sport skills easily, quickly and safely. It is a sign that the advantage in child's having a wide movement repartory when compared with his or her coequal.

Ability special to sport tpye: This ability includes the ability of having physical and psychological features which are necessary for showing a great performance in a certain sport branche.

It can be said that motoric ability consists of two parts when we think general sport. The first component is potential power which is instinctive and determined as genetic.

It is called as Motoric Capacity in sport. McCloy think these 4 elements as the sign of motoric capacity; physical development, motoric learning, power, agility and coordination. The second component is the part which changes in time with education and training (Funk *et al.*, 2000; Bengoechea and Streaan, 2007; Linver *et al.*, 2009; Logan *et al.*, 1984; Helsen and Pauwels, 1993; Holt *et al.*, 2009).

The aim of ability choice:

- Preparing an ambient in which conscious and purposive training will be organized and aptness to sport and talented sportives will be chosen
- Determining childrens and youngs abilities and aptness to a sport branch in that sport branche's training as common and private
- Choosing and knowing the most talented sportive for that sport branche
- For more distinguished sportives making the coach pass his time with persons who has great and nature talent

Using the ability choice in sportive choice has some advantages like the decreasement of time which is necessary to reach great output as general making the need of more research, energy and huge ability

disappeared from the standpoint of coach (Doan *et al.*, 2000; Duda, 1985; Duda and Ntoumanis, 2003; Getty, 2006; Zuckerman and Stelmack, 2004; Goudas and Giannoudis, 2008).

Benefits of ability choice applications: Some advantages which are the result of time for ability determining can be described as in this way (Dweck, 2002; Edwards and Finger, 2007; Eime and Payne, 2009; Erpic *et al.*, 2004; Findlay and Coplan, 2008):

- The necessary time to reach great output by choosing the gifted sportives for a certain sport or sport branch decreases as general
- Makes the need of more work, energy and huge ability disappeared from the standpoint of coach
- The effectiveness of coach for training develops by training especially with sportives who has great talent
- It makes the number of sportives increased who can compete and has the aim of huge output. As a result a national team is created which includes sportives who are more powerful and familiar to each other
- It makes the sportives feel sure of himself because it is known that it is more effective when the output development of person compared with sportives who are coequal and are not included to election period
- It makes applications of scientific training more easier. Because it can be ensured that scientist who are the leaders of determining ability can observe the training of sportives
- This information motivates the sportives
- Childrens are satisfied when they are chosen for the branch which is suitable to physical and psychological features of them
- After the carrier of talented sportives was over the number of qualified coach can be increased in that area by giving professional education

First conditions for ability choice: Choice and orientation of ability is important for sport which is for great performance. There is no need just like an orientation in recreative sport sensibility different first conditions are needed in ability choice (Funk and Pritchard, 2006; Gano-Overway *et al.*, 2009; Mabe and West, 1982; Magyar and Feltz, 2003; Garcia, 2001).

Anthropometric first conditions: Sportive's features like length, weight, body structure, the center of body weight etc.

Physical fitness first conditions: Sportive's features like normal and private endurance static and dynamic power, speed, ability and mobility.

Techno-motoric features: Sportive's features like balance ability, place destination and tempo feeling, aptness to ball, rhythmic and fluentness.

Education ability: Sportive's features like perception, observation and analysis.

Mental ability: Features like attention motoric fluentness (sensibility of game), creative, admiration ability.

Social factors: Features like leadership having responsibility, team sensibility.

Psychologic first conditions: Being ready to contest, holding on stress, wishes for overcoming obstacles.

First conditions for performance: Sportive's features like endurance to obstacles, willingness for train, desire for success.

Ability choice species: Ability choice is examined in two groups: natural choice and scientific choice.

Natural choice: A normal approach is known as the natural way to make a sportive develop. It is observed that sportives direct to a sport as a result of their local effects (school traditions, wishes and desires or approaches of family). Development of output which is a result of natural choice way is based on whether the person attend to a branch which was chosen randomly and the person is talented or not. For this reason person's output development works too slowly because of ideal sport choice is wrong (Greenlees *et al.*, 2007; Harner and Lo, 2009; Hayen *et al.*, 2007; Keegan *et al.*, 2009).

Scientific choice: Trainer evaluates the young who are accepted as gifted in a sport and presents a future by this method. For this reason the time which is needed to get big success for the person who were chosen by scientific way is more shorter when compared with the persons who were chosen by natural way. Scientific choice way should be surely taken into account in sports for which features like length or weight is a necessity for example; basketball, volleyball, football, rowing, jumping branches etc. In the same way speed, reaction time, equal unison and sport branches in which power is dominant (for example; sprint, judo, hockey and jumps in athletics etc.). These kind of features can be scanned by the

leadership of sport scientists. As a result of scientific test the most talented sportives are chosen as scientific or they are directed to a suitable sport (Kellett and Hede, 2008; Kendall *et al.*, 2010; Kibele, 2006; Lechner, 2009; Lindner and Kerr, 2001).

This application is an organization to discover the childrens who have good features in the way of body, psychological, physical and are to be directed by sistymatic studies in different branches of sport. The aim of this study is to discover the sportive candidates present potential opportunity to predict the development of their some dominant ability and features for the sport they will do to create first conditions. This happens during work unision between dominant ability in some genetic way and environment effect. For this reason sport experts studies were determined according to what kind of a choice they will do mostly during first preparation. It means authority of education, training method, content and organization which take place in raising great sportives have a limit. In addition, it is necessary that some biological features which are conditions to get top sport as fastly and qualified should be present and known by the sport expert (Hugill *et al.*, 2009; Inoue, 2007; Jacobs and Eccles, 2000; Jones and Cunningham, 2008; Joseph, 2006; Manning and Taylor, 2001; Margas *et al.*, 2006).

Steps for ability determination: By the way of making the children start to do sport in which children interested at sport's first age as long as possible by applying first choice ability test with health evaluation, sending to cure by electing constraints, application of varieted education programme as suitable to child's age for a year (Smith and Stewart, 2010; Abrahamsen *et al.*, 2007; Martin, 2008; McCarthy *et al.*, 2008; Nicholls, 1984).

Application of first choice ability tests with medical and biological evaluation in second year. Collection of sportives who are successful in to a group, others who are suitable by the way of health but successful in lower grade in to a second group. Sending the persons who have health constraints to suitable cure for his condition. Application of education programme which is suitable to their grade for two groups in 3rd year. Application of last choice ability tests with medical and biological evaluation in 4th year. Direction to branch certainly. Then period of training special to branche starts. Last choice can be 3 years according to features of sport branche. The more often applications of periodic cure and test the more information can be gotten (Duda and Ntoumanis, 2003; French and Nevett 1993; Magyar and Feltz, 2003; Manning and Taylor, 2001; Nichols *et al.*, 1991; Nicholls *et al.*, 1989).

Features of talented sportives: The most important problem which will occur in ability choice is creating a first diaognosis while determining which sportive is talented. in spite of this kind of obstacles, present talented sportives are used as criterion to determine the ability and some of their features are examined. Informations which are below are the most valid criterions when we think it in extent of fast data transfer which is a result of some searchment (Ntoumanis and Biddle, 1998; Papaioannou *et al.*, 2008; Park *et al.*, 2007; Plessner and Haar, 2006).

When a talented sportive is examined in this way, it distinguish from less talented sportive with these features (Casper *et al.*, 2007; Funk and Pritchard, 2006; Podlog and Eklund, 2007; Pratorius and Milani, 2006).

- He or she can be more successful in training
- He or she gets great success in training stimulants whose extent and greatness are same
- He or she adapts to new stimulants which are given in training
- He or she improves his or her experiences which were gained in past creatively and applies for new stiations
- He or she overcomes seven some hard duties successfully and solves the problems as originally
- Gradually improvement in performance is a typical features of her or him
- A talented sportive devote himself or herself to sport and is hardworking and ambitious and studies as systematically
- He or she can do true evaluation even under pressure
- He or she has no fear about risk
- He or she does not lose his or her power in spite of failures. He or she can form it as an excuse for motivation

When every features of an ability is examined their integrity does not change, they are chosen concept to explain thoroughly every ability concept. Weight point of structure which is a result of these concepts has difference acoording sport branche (Rodriguez *et al.*, 2009; Sam *et al.*, 2005; Schantz and Conroy, 2009; Sit and Linder, 2005).

Scannig activities of ability choice in infrastructure

Investigation activities in region: Summer school activities, periodic wide ettended selections which was carried out with special announcement, watching local matches, watching school match and scannig of local school (Skinner *et al.*, 2008; Smith, 2003; Sorensen, 1976).

Investigation activities outside of region: Watching small boys and young's group elections, semi-finals and final, watching primary, secondary and high school group election, semi finals and final. Finding talented sportive with the help of trainer and sport lecturer in different cities and a good searching and scanning in migratory region (Andrews, 2003; Spray *et al.*, 2006; Stracciolini *et al.*, 2007).

The persons who take responsibility to educate the ability

Expectations from trainer: A successful trainer is a trainer who invests for students benefits than anxiety of defeat or win. What this trainers should do (Lindner and Kerr, 2001; Manning and Taylor, 2001; Margas *et al.*, 2006; Taylor and McGraw, 2006; Tofler and Butterbaugh, 2005).

- They should be logical for children's and young's time, energy and desire if they have a wish
- They should not shout and humiliate when they made mistake or lost the contest
- Use the effort which you have to refresh your information in training for getting the informations about children's raising and improving
- You should always control sportive's age, length, weight, physical fitness and coordinative abilities and their health situation and divide them into groups according to these features
- You should take into consideration children's maturity grade and contest timetable while counting the training time and making it periodical
- You should not think to study with only talented sportives. You should be sensitive for less talented sportives
- You should provide the suitability of materials and foundations to children's age and ability and security standards for them
- You should buy the line of doctor to determine whether a handicapped sportive is ready or not
- You should educate that rules are same for everybody and contention in fair-play

Expectations from teachers:

- Support the children's to improve their basic ability in different sport branche. Do not allow excess for early branch choice in maturing ages
- Reward with praise children's effort and good behaviors to improve their ability
- Do not forget that improving ability and doing sport as free time evaluation activity is as important as managing a hard contest programme

- Give information to them about necessary abilities and their developing grade, so they will have no disappointment in case of failure or incapability
- Be suitable and determined between children's raising and trainership principles
- Do not forget that expectations from child (school, family's and his expectations) and your expectations should be suitable to children's capacity
- Help the children to understand the difference between their sport and professional sportives sport on tv (some details can be given like professionals gain money from their sport, so they must be funny)
- At the beginning (team games) mini games should be chosen to educate the abilities (Vazou *et al.*, 2005; Vilhjalmsson and Kristjansdottir, 2003; Walters *et al.*, 2009)

Expectations from parents:

- Do not press the children to do sport. They should not do sport to satisfy your ambitions. Children are interested in organized sport for their wishes
- Support the children's to do sport by obeying the rules
- Educate the children effort and team soul are as important as win and every result should be accepted as normal
- Say children it is normal when they made mistake and when they were beaten
- Child learns thoroughly by correct examples. Make them clap their friends in their and rival groups and appreciate
- Do not judge the referee's decisions, their honesty as well in crowded place
- Understand the importance and value of trainers. They spend their time and back demands to lead your children
- Be a good example for your children by being friend with rival's parents
- Appreciate and praise the child's effort and improvement (Wang *et al.*, 2009; Wann, 2006; Webster *et al.*, 2001; Weed, 2009)

Expectations from referees:

- Regulate the rules and comments according to children's grade
- Do not be an obstacle for their fun by piping very often
- Be a good example for children with your behaviours in arena or out of it

Table 1: Test used in ability choice

Factors	Description
Heart-respiration endurance	In cycle ergometer, 170 h m ⁻¹ pwc 170 test or 6 min or 480 m shuttle run or 1000 m contest (it is 2.5 in 400)
Power	Static power: With hand dynamometer or arm pulling, explosive power: Long jumping by standing or geom jumping
Muscle endurance	Dynamic power: Hanging in sports horizontal bar with twisted arms, Abdomen muscle power: 30 sec shuttle
Elasticity	First stretching exercise test or lie down on by sitting test (There is evidence for this test is not valid to compare persons. Scientists stil do searchments about it)
Speed	Movement speed of members: Touching to disks, Running speed: Shuttle running (10×5), 50 or 30 m run max spitting pedal slalom run
Balance	Flamingo balance test in balance material
Age	They advise laboratory tests which is below and (year-month) weight (kg), length (cm) to countries which have opportunities

- Make your praise as a result of good performance for two team's or group's sportives if it is deserved
- Be coherent and objective for your decisions
- Show behaviours which provide honesty (fair-play)
- Offer rule changes which expand attendance to the officials by enyoing sport
- Watch the differences in changes for refreeship rules
- Struggle to get information for youngs and children's raising and improvement (Whelan *et al.*, 1991; Whitehead *et al.*, 2004; Williams and Ericsson, 2005)

Spectators duties: Children do sport firstly for fun, then for having self-confidence. They do not do sport to amuse you. Do not watch them as watching professional sportives.

- Do not do disturbing behaviours and tell words to sportives, trainers or refrees
- Clap rival's well behaviours as you clapped your team or sportives. Do not forget if they were not, the contest would not be carried out
- Never kid with sportive who made mistake during contest and do not rebuke him or her
- Never accept the hardness as normal, condemn who makes
- Respect the referee's decisions
- Support behaviours which are suitable to contest rules do not appropriate opposite behaviours (Wolfe *et al.*, 2002; Woude *et al.*, 2006)

Press and broadcasting foundation's duties:

- Press and broadcasting foundations can contribute to this area with their broadcast for child sport (by broadcasting private abilities and good behaviours)
- Be aware of the diffrences between sport done by adults and attendance of children and youngs to sport
- Do not expectate big things from young sportives
- Contribute to children's attention for public opinion
- Criticize the negativens for education

- Do not be a reason for their being out of way socially by acting to sportives as if he or she was a star
- Know the difference between amateur sport and professional sport and transfer this to your readers and spectators
- Broadcast the childrens and youngs problems and help them to overcome the obstacles for attendance to sport (Zakus *et al.*, 2007; Zarrett *et al.*, 2009; Helsen and Pauwels, 1993; Holt *et al.*, 2009; Hugill *et al.*, 2009; Inoue, 2007)

Test used in ability choice (Slutzky and Simpkins, 2009; Funk and Pritchard, 2006) (Table 1).

RESULTS AND DISCUSSION

Attendance of many persons to a sport branche is mostly based on traditions, ideals and person's wishes to attend a branche. Wishes to attend a sport is based on some factors like sport prevalence, family pressure, environmental encouragement etc. According to east European trainer experts these methods are not valid anymore. For instance according to this choice method a person who is gifted for destination run can be an average sprinter related to directions. In other words this kind of approach make sportive get good output infrequently. According to raise distinguished sportives, these approaches prove that trainers should give attention to individuals who have better natural ability than others. In the opposite stuation of this approaches, trainer's ability, time and energy will be used uselessly or raise average sportives with the most positive approaches. For this reason the main aim of ability choice is determining and choosing sportives who have good abilities for chosen sport (Smith and Stewart, 2010; Blanchard *et al.*, 2008; Eime and Payne, 2009; Helsen and Pauwels, 1993; Mabe and West, 1982; Sam *et al.*, 2005).

The main idea of all authorities for choosing ability is involving the children and youngs to election and training, controlling them. For this reason training and controlling hundreds of children should not be forgotten. In many countries in Western, sport for everybody

campaign is for it. In this campaign education and imitating systems are created that children can test themselves in every branch and improve their abilities. Again for this aim, schools and clubs guarantee that children are directed to sport by working together (Abrahamsen *et al.*, 2007; Beauchamp *et al.*, 2005; Chirivella and Martinez, 1994).

There is no improvement for ability choice in our country. Ability scanning in early ages is the most important factor for performance improving and sportive output increasing. But in the country no attention for sport and sportive and no necessary budget's help for sport by policies which are carried out is an obstacle for this development (Andrews, 2003; Bortoli *et al.*, 2009; Casper *et al.*, 2007).

In the country after ability scanning if trainers who are not expert concern with sportives and sportives do irregular training, children may lose their desire for sport even they may give up. Monotonous practicing creates boring and is a reason for no ability development. On the contrary we may show the same result when expert education is taught to children. So ability choice should work parallel with the increasing importance in country policies.

It necessary that expert trainers should see sportives abilities and maket hem developed. Ability choice should not have relation with a system in the country. There is no improvement with inadequate experts. For this reason every federation should work in a system not as seperated and inadequate stuff should be evaluated. Great sportives in the country can be thought as the biggest sportives (Slutzky and Simpkins, 2009; Dixon, 2009; Eysenck *et al.*, 1982; Foll *et al.*, 2008; Zuckerman and Stelmack, 2004; Lindner and Kerr, 2001).

Increasing the talented expert number and satisfying making ability choice in centers which will be founded in every city by relating it with a system supporting the sport doctorate and satisfying, controlling and supporting improvements in a system continually, controlling improvements by making relation with units which deal with university sport science making trainership a profession rather than a hobby so graduating from a profession high school will contribute to solution in ability choice.

In addition in frastructure studying in the country, founding sport high school, determining the aptness of people to which sport in different region and investing to this and different federation's school activities should be carried out fastidiously and systematically by expert selectors (Smith and Stewart, 2010; Doan *et al.*, 2000; Duda, 1985; Eime and Payne, 2009; Erpic *et al.*, 2004).

CONCLUSION

The aim of this discussion is making the sportives get great performance and increasing the number of talented sportives. It is obvious that activities for this are not enough in the country. It should be provided that searching talented sportives with the help of press, broadcasting foundations and encourage the folk to regulate this situation. Talented sportives should be found with the help of phsycal education teachers. Starting to do sport in early ages is carried out for years in the country. If the country's sport policies have no improvements, it will be impossible to search talented sportive grade development. It can not be taken into consideration and it can be dangerous for youngs who have private abilities because early ability choice in sport is based on lower criterion. To day, researchments show that the most important encouragement for sport branches for children is a result of qualified organizations. Features of training is also a factor. This is explained in common training programme place which contribute to scientific studies, objectives, different steps of studies and determining new ability criterion (Bennis and Pachur, 2006; Berrett and Slack, 2001; Constantini *et al.*, 2005; Davids *et al.*, 1991; Findlay and Coplan, 2008; Bengoechea and Strean, 2007; Garcia, 2001; Getty, 2006).

As an election rule for children who have no training, it necessary to give attention to features measurements which will determine the wide productivity of children rather than parameters which will determine productivity special to sport. The principle which should not be forgotten in ability choice is that measurement should be done more times rather than 1 times and then results and a decision should be taken. With connection of scientific conditions, it should no be ignored that evaluation for body capacity and performance limit may result with datums which may be necessary to be determined in health, nourishment, phsycal education and sport branches. It can be said that ability is a result of either biomotoric and psychological develeo pment, genetic features or environment and society's conditions. Effort should be consumed to spread school basic election factors and determinatyion of ability, performance criterion (2001 SAE-P; Adriaanse and Crosswhite, 2008; Gillet *et al.*, 2009; Goudas and Giannoudis, 2008; Greenlees *et al.*, 2007; Harner and Lo, 2009; Hayen *et al.*, 2007; Helsen and Pauwels, 1993).

Important supplementary measurements which are result of sport medicine and health test advise medical help immediately. But it is not important whether the methods which are expalined here are widespread and valid, ability choice and evaluation has connections with

country's social and cultural situation. The importance of sport which is elite grade can stimulate the young to attend sport in contest grade. With the aim of harmony all of present ways and factors, advices by experts and officials will have inclination for effect sport carrier to escape from early deduction (Holt *et al.*, 2009; Hugill *et al.*, 2009; Inoue, 2007; Jacobs and Eccles, 2000; Linver *et al.*, 2009; Logan *et al.*, 1984; Gano-Overway *et al.*, 2009; McCarthy *et al.*, 2008; Nicholls, 1984; Nichols *et al.*, 1991).

Summer school and ski school are founded in every place of country. It is nonsense to say that either biological age grade of this school is ok and they are good at starting a sport in suitable age and children are educated according to their age. The most talented and expert trainers are interested in high grade performance sportives rather than beginners. Undoubtedly, beginners need successful trainers. But the shape which is the result of giving inexperienced and apprentice trainers for beginners will be the shape of the sport and human health in the future (Skinner *et al.*, 2008; Smith, 2003; Sorensen, 1976; Spray *et al.*, 2006; Vazou *et al.*, 2005; Vilhjalmsson and Kristjansdottir, 2003; Walters *et al.*, 2009; Wang *et al.*, 2009; Wann, 2006; Webster *et al.*, 2001; Weed, 2009; Wolfe *et al.*, 2002; Woude *et al.*, 2006).

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