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“Breaking Barriers and Crossing Borders for Human Development and Societal Change.”
The Rational Emotive Behavior Therapy framework assumes that humans have both rational and irrational tendencies. Irrational thought/images prevent goal attainment, lead to inner conflict, lead to more conflict with others and poor mental health. Rational thought/images lead to goal attainment and more inner harmony. In other words rational beliefs reduce conflicts with others and improved health.

REBT claims that irrational and self-defeating thinking, emoting and behaving are correlated with emotional difficulties such as self-blame, jealousy, guilt, Low Frustration Tolerance, depression, and anxiety.

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ABSTRACT

Weight Training in the Past

Knowing the historical development of the training methods, we could find some of the "new" methods that are offered today and which have already been applied in the past, but for reason they have been lost their popularity, and therefore their participation within the training in practice. It's a common opinion that the study of the past can predict the future and the future course of development within the area (Nenad et al., 2013).

The cult of well-built and symmetrical body shape dates from the time of ancient civilizations of Greece and Egypt. They used rocks of different shape and weight as the load, and practiced with them. The ancient Greeks used to practice the so-called halteres (Dumbbells) made of stone (1.5kg - 2.0kg), by which the Greeks were increasing the length of the jump, by rejecting the halteres (Picture 1) in the air.

Historical development of the training load is not complete without the famous story of the ancient hero Milo of Croton. His training with newborn bull established the foundations of one of the leading principles of strength training, the principle of progressive loading.

In several texts originating from the ancient China it is said that some Chinese rulers insisted on the practice of strength training for its soldiers. During the reign of the Chou dynasty (1122 - 259th BC) the soldiers even had to perform a test for assessment of the power before they are recruited.