

# Fitness Training Principles

## Physical Education Theory



**Name:**

**Date:**

## **Fitness Training Principles**

What areas should you consider when planning a training programme?

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## **The individual and their requirements**

What reasons may an individual want to perform a training programme?

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Why do some individuals find it hard to carry out a training programme on a regular basis?

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With regard to the content of the programme, a general exercise programme will need to address a wide range of fitness components. An activity-specific programme will need, in addition, to concentrate on those components identified as relevant.

You may decide to work on all the components of fitness but select no more than four or five of them to be part of any one-exercise session.

## Fitness Components

List the 9 components of fitness.

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What areas would you choose to work on for your particular sport and why?

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## Warm up and Cool down

Why is it so important to warm up before any physical activity?

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Name the 4 steps that should be considered for any Warm up and Cool down.

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Where possible the warm-up environment should resemble that of the competition. What environment would you choose to warm-up in?

Your Sport:

Environment:

Why is it important to Cool down after any physical activity?

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## Principles of Training

We need to train to improve our fitness. For steady progress and to avoid injury we should follow the SPORT principles.

Complete below.

- S
- P
- O
- R
- T

## Specificity

Every type of exercise has a particular effect on the body. The type of training we choose must be right for the type of improvement we want to see. We must always use a training programme that puts regular stress on the muscle groups or body system that we want to develop.

Write a paragraph explaining the differences in training between **sprinters**, **endurance athletes** and **game players**.

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## Progression

**The body takes time to adapt to more frequent or harder exercise. We must build up stress on our bodies in a gradual, or progressive way – by lifting heavier weights or running further.**

What do you think will happen if we build up stress on the body too quickly or too slowly?

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## Overload

Quite simply, we can only achieve improvements in most aspects of physical performance by forcing the body to work beyond it's current known limits. In other words we OVERLOAD it.

### Example

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## Reversibility

We lose our aerobic fitness more easily than our anaerobic fitness because our muscles quickly lose much of their ability to use oxygen.

Our anaerobic fitness is affected less by not training. If we follow a strength-training programme for 4 weeks, we will lose our gains in strength after about 12 weeks of inactivity.



## Tedium

Our training programme must be varied to avoid TEDIUM – boredom.  
By using a variety of different training methods we will keep our enthusiasm and motivation.

Ways in which we can avoid **tedium**:

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## Circuit Training

Explain in your own words what Circuit Training is and draw a diagram of a circuit that includes 8 stations for your sport

What is Circuit Training?

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Draw a diagram below (circuit must consist of 8 stations)