GCSE Physical Education – Principles of Training

Principles of training - **Guidelines** that ensure **training is effective** and results in **positive adaptations**. These principles are used in **Personal Exercise Programmes (PEP)**

PAR-Q – Physical Activity Readiness Questionnaire
Conducted before fitness testing or an activity programme to examine the performer's readiness for training or any health conditions/lifestyle choices that may affect the successful completion.

FITT Principle

Frequency	How often training takes place.	*Increase training from once a week to two*
Intensity	How hard the exercise is.	*Increase resistance from 10kg to 15kg or increase incline on the treadmill.*
Time	The length of the session.	*Increase training session from 45 minutes to 55 minutes.*
Type	The method of training used.	*Change to from interval training to Fartlek training.*

Progressive Overload
Working the body harder than normal/gradually increasing the amount of exercise you do. *i.e. bench press 50kg x 10 repetitions and increase to 55kg x5 repetitions.*

Reversibility
If training is not regular, adaptations will be reversed. This can happen when:
- Suffering from illness and cannot train
- Injury
- After an off-season.

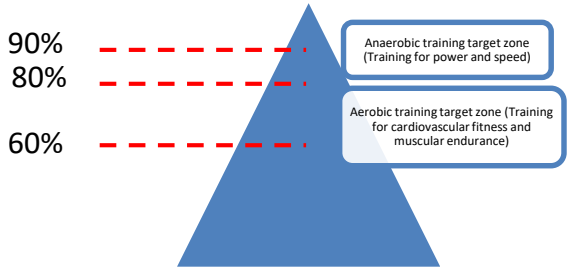
Specificity
Training showed be **matched** to the requirements of the sport or position the performer is involved in.
Training must be specifically designed to develop the right:
- Muscles
- Type of fitness
- Skills

Individual needs
All PEP's would differ depending on:
- Performer's goals/targets
- Strength and weaknesses
- Age/gender
- Current health/fitness levels

Overtraining
Occurs when you **train too hard** and do not allow the body enough **rest/recovery time**. Signs/symptoms include: extended muscle soreness, frequent illness & increase injuries.

Calculating Training Zones/Thresholds of Training
Karvonen formula used to calculate aerobic and anaerobic target training zones.

Maximum Heart Rate (MHR) = 220 – age	**Aerobic target zone: 60–80% of MHR (60% = x 0.6 / 80% = x 0.8)**	**Anaerobic target zone: 80%–90% of MHR (80% = x 0.8 / 90% = x 0.9)**



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Term	Definition/notes/concept

Keywords: