There are 5 fitness training methods used for Aerobic Endurance

- Continuous trainina
- Fartlek training
- Interval training
- Rest periods and work intensity
 - Circuit training

There are 3 fitness training methods used for Flexibility

- Static active
- Static passive
- Proprioceptive neuromuscular facilitation (PNF) technique

There are 2 fitness training methods used for Muscular Endurance

- Free weights and fixed resistance machines
 - Circuit training

There is 1 fitness training method used for Muscular Strength

Free weights and fixed resistance machines

There are 3 fitness training methods used for Speed

- Interval training
- Resistance drills

COMPONENT 3C



BTEC

COMPONENT 3 P2

- Acceleration sprints

Effects of Aerobic Endurance

Training:

o adaptations to the

cardiovascular and respiratory systems

o cardiac hypertrophy

o decreased resting heart rate

o increased strength of

respiratory muscles

o capillarisation around

alveoli.

participation

Additional requirements for cost method

a fitness training

effectiveness

location

specificity



safety

Effects of Flexibility training:

o adaptations to the muscular and skeletal systems o increased range of movement permitted at a joint o increased flexibility of ligament and tendons o increased muscle length.

Effects of Speed training: o adaptations to the muscular system o increased tolerance to lactic acid



Effects of Muscular endurance training:

o adaptations to the muscular system o capillarisation around muscle tissues o increased muscle tone.

Effects of Muscular Strength & Power Training: o adaptations to the muscular and skeletal systems o muscle hypertrophy

o increased bone density.

Aims: details of what they would like to achieve for the sport

Objectives: how they intend to meet their aims using an appropriate component of fitness & method of training



How to design a training program

STEP 1: Coach must have a chat with the athlete about their motivations, aims, objectives.

STEP 2: The coach must understand the athletes life and their demands. Such as job, time available, commitments.

STEP 3: The coach must plan the training programme specific to the individual and event

STEP 4: This must be adapted over time and progressed as the athlete gets better

Extrinsic Motivation



The inner drive, comes from the individual's thoughts and beliefs such as fun, enjoyment, satisfaction

Intrinsic Motivation



A behaviour driven from an outside source or external reward such as prize money, trophies, recognition



COMPONENT 3D

Maintain training and intensity

Increased Fitness

Increase participation

SMART Goals:

Specific Measurable **Achievable** Realistic Time-related Exciting Recorded

Benifits of using a training programme

> Improve performance





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o increased tendon and ligament

strength