

There are 5 fitness training methods used for **Aerobic Endurance**

- Continuous training
- 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

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



There is 1 fitness training method used for **Muscular Strength**

- Free weights and fixed resistance machines

There are 2 fitness training methods used for **Muscular Endurance**

- Free weights and fixed resistance machines
- Circuit training

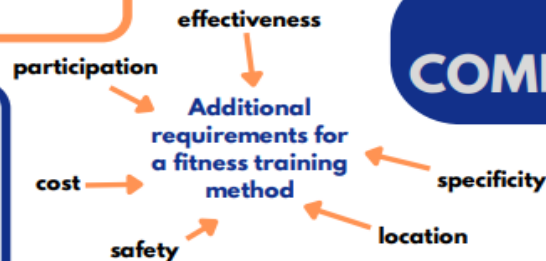
There are 3 fitness training methods used for **Speed**

- Acceleration sprints
- Interval training
- Resistance drills

COMPONENT 3C



BTEC COMPONENT 3 P2



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.

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.



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 Increase participation

Benefits of using a training programme

Increased Fitness

Improve performance



SMART Goals:

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

Effects of Speed training:

- o adaptations to the muscular system
- o increased tolerance to lactic acid



Effects of Muscular Strength & Power Training:

- o adaptations to the muscular and skeletal systems
- o muscle hypertrophy
- o increased tendon and ligament strength
- o increased bone density.

Effects of Muscular endurance training:

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

