

# Unit 2: Fitness in Sport

## Principles of Training

Past Paper 2019:

(ii) Analyse how you would apply the principles of training below to a fitness training programme.

Principle of training	Explanation of application of training method
Specificity	<p>.....</p> <p>.....</p> <p>.....</p> <p>[1]</p>
Overload	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>[5]</p>

## Principles of Training

**Specificity** - Training or exercise related to the needs of the individual

**Progression** - Training becomes more difficult over time

**Overload** - Greater demands are placed on body  
(Frequency, Intensity, Time (duration), Type)

**Variance** - To stay motivated training and exercises must vary

## Methods of Training

(Remember each method of training is used to help improve/develop a certain component of fitness)

- Continuous
- Interval
- Weight
- Circuit
- Plyometric
- Flexibility
- Fartlek

## Factors to consider for training:

- **Personal** (health, age, gender, health, lifestyle, time, cost)
- **Environmental** (facilities, equipment)
- **Session structure** (warm up, skill development, game activities, exercise session, cool down.)