

Methods and Principles of Training

Big idea: The planning, implementing and evaluating of physical training.

Methods of Training

Key Terms

Type	Definition	Example
Circuit training	This involves a number of exercises set up at stations. It may incorporate skills. It can be useful for team sports. Advantage: varied, so doesn't get boring. Disadvantage: requires a lot of equipment and time to set up.	e.g. football, rugby or hockey.
Continuous training	This is slow and steady training. It is useful to improve aerobic fitness in Advantage: doesn't require much equipment. Disadvantage: not useful for game players because it doesn't improve anaerobic fitness.	e.g. cycling, running or triathlon
Fartlek	This means 'speed play' and involves fast and slow running over a variety of terrain or hills. It's useful for individual sports. Advantage: can be easily adapted for different sports and fitness levels. Disadvantage: difficult to see how much effort is being exerted.	e.g. athletics or football
Interval training	This involves a short intense work period followed by a rest period. Advantage: good for game players because you can mix aerobic and anaerobic exercise. Disadvantage: can become boring.	e.g. athletics, football and tennis
Weight training	This uses resistance either by weight lifted or the number of repetitions the exercise is performed for. It is useful for sports which require strength. Advantage: improves muscular strength and tone. Disadvantage: muscles can be sore after.	e.g. long jump and rugby

Repetitions	In weightlifting, the number of times you move the weights
Sets	In weightlifting, the number of times a weight activity is carried out, e.g. a set of repetitions
Thresholds	The minimum heart rate that must be achieved in order to improve fitness Maximum Heart rate (MHR) = 220 - Age
Training Zone	The heart rate zone in which a training effect will occur
Training Session	Training session is split into phases: Warm-up, Fitness phase, skill phase and a warm-down.

Principles of Training

Key Term	Definition
FITT	Frequency – how often we train Intensity – how hard we train Time – the length of time we train Type – the method of training chosen The requirements of a certain activity are matched with training
Specificity	Matching training to the requirements of your sport
Progression	Making training gradually harder the fitter you are
Overload	Overloading your body by increasing the frequency, intensity or duration of exercise
Reversibility	Physical benefits gained from training will be reversed when you stop
Rest	Recovery time
Recovery	Allowing body tissues to recover and repair following training or competition
Individual Differences/Needs	Take into account a person's body build / level of fitness, the sport (and position played) and their particular aims