



PiXL Spine – PE – Physical Training

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Questions

1. What does S.P.O.R stand for in relation to principles of training?
2. Name four methods of training.
3. What are three most important components of fitness for a sprinter?
4. Describe how F.I.T.T can be applied to a training programme (these are principles of training).
5. Explain what circuit training is and provide an example of a six-station circuit.
6. What is the definition of muscular endurance?
7. What type of athlete would use weight training and why?
8. What happens if a person stops training?
9. Explain how a tennis player would use coordination.
10. What three methods of training would a rower use and why would they use these methods?

Activities

Activity 1

Design a set of Top Trumps cards. You must select 32 elite athletes from a range of sports and give them a score out of 10 for how good each of their components of fitness are.

For example, Roger Federer – muscular endurance 9/10

Once you have designed the cards, play a game of Top Trumps with your friends.

Activity 2

Create a set of instruction sheets to be able to complete eight fitness tests. Set up the tests using the instructions you have made. Complete the tests with a friend, making sure you follow the instructions exactly to ensure the tests are valid and reliable.

Compare your results to normative data found online (Brian Mac is good for this). Identify your strengths and weaknesses in relation to fitness. What would be the three most important components of fitness for you to work on? Which methods of training would you use to improve these components?

Activity 3

Design a training programme for a 50-year-old woman who has not exercised for 10 years. She wants to improve her cardiovascular endurance and take part in a 10km race. Complete the programme design for her first week of training, her eighth week of training and her training the week before the race at week 16.



Research

Interesting Books

The World's Fittest Book – Ross Edgerley

Perfect Fit: The Winning Formula – James Haskell

Get Fit, Get Happy: a new approach to exercise that's fun and helps you feel great – Harry Judd

Interesting Articles

www.muscleandfitness.com/workouts/workout-routines/complete-mf-beginners-training-guide-plan

Interesting Videos

Joe Wicks – the Body Coach Workout DVD

Zumba DVD

Jillian Michaels – Yoga Meltdown DVD

<https://m.youtube.com/watch?v=y5jtw6kEyjg>

Interesting Websites

TopEnd Sports

Brian Mac Coach

Interesting Magazines

Fitness

Women's Health

Men's Health

Muscle & Fitness

Project

Scenario

You are working alongside a fitness instructor at your local gym. When working alongside the fitness instructor, you must help in designing programmes for new clients and also give support during inductions to show the client how a piece of equipment works.

Task 1

Design a leaflet outlining the importance of a gym induction. Make sure you highlight the importance of a warm up, lifting and carrying equipment efficiently and also working within the realms of your own fitness. This will be given to the client upon joining the gym.

Task 2

Design a questionnaire you could use to understand the current lifestyle of the client, what their current fitness levels are and what they want to achieve through their training programme. Make sure it is user friendly and includes all the personal information you require.

Task 3

Get a family member to complete your questionnaire and write a profile for your client. Answer the following questions;

What are the goals of the client?

What components of fitness do they want to improve?

What training methods do you think are the most relevant?

Is there any type of training your client doesn't like?

Task 4

Design a training programme for your client. You need to design this for four weeks.

Task into consideration:

- Principles of training: specificity, progression, overload, reversibility, frequency, intensity, type, time



- Methods of training
- Components of fitness



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