

Unit 3: Applying the Principles of Personal
A: Design a personal fitness training programme

Success Criteria	Evidence Required	Completed?
2A.P1	Complete the PAR-Q.	
2A.P1	Compare test results to normative data.	
2A.P1	<p>Set;</p> <p>X1 long term (achieve at the end of programme) – Link to the component of fitness you have highlighted from test results. E.G to improve my multi stage fitness test score by three levels.</p> <p>X1 medium term (achieve half way through the programme) (3 weeks)</p> <p>X3 short term goals (Each working towards the long term goal)</p> <p>X1 Aim for the programme – Link to performance. E.G - to be able to run for the full 90 minutes without tiring.</p> <p>X3 Objectives (Things you are going to do to achieve your aim) E.G – To go on a run at least once a week.</p>	
2A.P1	<p>Complete SMARTER table.</p> <p>Outline how your long term goal for the plan meets these principles.</p>	
2A.P1	<p>Discuss your attitude and motivation towards the training programme.</p> <ul style="list-style-type: none"> - Outline how it may impact your effort levels and the impact this may have on the outcome of the programme. - State what you could do to help improve your attitude and motivation and explain how doing this would help. <p>E.G. I could include some sport specific training sessions in my programme. This would help because although I find exercise boring, I enjoy taking part in football. Therefore if the training was based on football, I would be exercising whilst enjoying it meaning I would work harder and my results would be better.</p>	
2A.P1 / M1	<p>Create the 6 week training programme.</p> <p>Week 1 must include:</p> <ul style="list-style-type: none"> - 1 circuit training session a week. - 1 session at home (specific to the component of fitness) - 1 competitive fixture a week. <p>By week 6 this should consist of:</p> <ul style="list-style-type: none"> - 2 circuit training sessions. - 2 home sessions. - 1 competitive fixture. <p>Summarise the warm up and cool down in a paragraph underneath the programme.</p>	
2A.P1 / M1	<p>Include tables which highlight how you have covered the basic and additional principles of training within the programme.</p> <p style="text-align: center;">(Turn over for further information)</p>	

2A.D1	<p>Justify your training programme design;</p> <ul style="list-style-type: none"> - Explain why you have selected the methods of training you have. E.G why fartlek over continuous? Why Circuit training? - Explain how you have made the programme creative by using different ways to create stations in the circuit training and the exercise at home. - Explain how you have linked the design of the programme to your personal information (test results / sport played / attitude and motivation) - 	

SMARTER

Specific
 Measurable
 Achievable
 Realistic
 Timed
 Evaluated
 Recognised

Principles of training

Specificity
 Progressive overload
 Reversibility
 Variation
 Individual differences
 Adaptation
 Rest and recovery

The basic principles of training

- **Frequency:** the number of training sessions completed over a period of time, usually per week
- **Intensity:** how hard an individual will train
- **Time:** how long an individual will train for
- **Type:** how an individual will train by selecting a training method to improve a specific component of fitness and/or their sports performance.