

A training programme should include all of the following elements.

- Suitable warm up and cool down
- Activities/main content of programme
- Duration of plan
- Duration of sessions
- Equipment and facilities
- Coaching points
- Adaption of programme based on each session and mid-term testing



Factors to be considered when planning an exercise programme:

- Facilities/equipment
- Safety/risk assessments
- Aims/goals/objectives
- Current fitness levels/injuries
- Organisation
- Environment
- Skills to be improved

Principles of training not applied appropriately

Lack of motivation

FITT Principle not applied appropriately

Fitness tests not appropriate for goals

Reasons for failure

Types of training not appropriate

Programme not adapted following tests

SMART goal under/over ambitious



A rugby player set a target for their training programme to improve their Illinois Agility Test score by 0.5 seconds.

At the end of the programme the rugby player had improved their Illinois Agility Test score by 1 second.

The rugby player has achieved their goal and may now set a new goal covering a different component of fitness and fitness test

SPORT SCIENCE R181 PART 2

TOPIC AREA 3

The principles of training should be applied to a training programme in order to ensure improvement takes place



Skills to be improved

Environment

Safety/risk assessments

Things to Consider when Planning an Exercise Programme

Facilities/equipment

Current fitness levels/injuries

Organisation

Aims/goals/objectives



TOPIC AREA 4



3 possible outcomes following a training programme ...

- SMART goal has been partially achieved = **Repeat** the fitness programme
- SMART goal has not been achieved = **Adapt** the types of training or FITT principle
- SMART goal has been achieved = Set a **new goal** focusing on an area of weakness