

## Unit R181: Applying the principles of training: fitness and how it affects skill performance (Topic Area 2 : Principles of training in sport)

### Step 3: Complete R181 assignment

Time to write up/check and complete R181 assignment  
(Topic Area 2)

### Step 3: Aerobic and Anaerobic exercise

Describe the characteristics of aerobic and anaerobic exercise (comparing and contrasting)

**Practical session to embed learning**

### Step 2: Methods of training and their benefits

Advantages and disadvantages of the structure of each training method: **Practical sessions included to embed learning**

Continuous training  
Fartlek training  
Interval training  
Circuit training  
Plyometrics  
Weight/resistance training  
HIIT (High Intensity Interval Training)  
Write up time for assignment

### Step 1: Definition and application of each principle of training and goal setting

The definition and application of each principle of training and goal setting: **Practical sessions included to develop understanding.**

SPOR principle Specificity, Progression ,Overload, Reversibility, FIIT principle (Frequency ,Intensity, Time, Type)  
SMART goals Specific , Measurable, Achievable , Realistic, Time-Bound. Write up time for assignment