Unit R181: Applying the principles of training: fitness and how it affects skill performance (Topic Area 3 : Organising and planning a fitness training programme)

Step 7: Completion of assignment

Time to write up/check and complete assignment

Step 6: Achievement recognised

Have you met all the SMART goals?
Results from tests (pre, mid and end of training).

Step 5: Recording results from fitness training programme

Carry out post programme tests (skills based and fitness).

Compare performance predictions v actual results

Time to write up

Step 4: How to monitor progress and adapt a programme.

Use pre and mid term tests to adapt/improve a programme
Time to write up



Step 3: Planning a fitness based training programme

Element of training programmes:

- Suitable warm up and cool down
- Activities/main content of programme
- Duration of plan/sessions
 - Equipment/Facilities
 - Coaching points
- Adaptation of programme based on each session and mid term testing.
 - Time to write up

Step 2: Factors when designing a fitness training programme

How SPOR and FITT are used within a training programme to improve success Time to write up.

Step 1: Factors when designing a fitness training programme

- Considerations to inform planning:
- Facilities/equipment
- Safety/risk assessments
- Aims/goals/objectives
- Current fitness levels/injuries
- Organisation
- Environment
- Skills to be improved
- Time to write up







Pride :6

