# Activity sheet 13: Understanding fitness programmes

*Learning aim A: Training to improve fitness for sport and activity*

*Learning aim A4: Understanding fitness programmes*

1. Identify two types of personal information that can be used to aid programme design.

1. Describe what is meant by an aim for a fitness programme.

1. Give an example of an aim for a fitness programme.

1. A session plan consists of three main parts: a warm up, a main component and a cool down.

Describe each part of the session plan.

Warm up

Main component

Cool down

1. Select appropriate training methods to train the following components of fitness: flexibility, muscular endurance and speed.

Training method for flexibility

Training method for muscular endurance

Training method for speed