

LEARNING OBJECTIVES

Can I successfully explain the SPORT principle and FITT principle **(Grade C (4-5))** and apply these to exercise



or training programmes using practical examples? **(Grade B-A (6-8))**



Why do is it important for an athlete to have clear structure and purpose to their training?

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Benefits of using principles of training:

1.
2.
3.

Principle	Definition
S -	
P -	
O -	
R -	
T -	

Optimising training using the 'FITT' principle.

FITT Principle	Definition
F –	
I –	
T –	
T –	

Exam Questions:

1) Which one of the following is the best example of a 'SMART' goal set to improve performance of an official in a physical activity? (1 mark)

- a) To learn the rules of the game and to give the right decisions in the next match
- b) To get fitter and to keep up with the run of play
- c) To learn the signal for offside by this time next week
- d) To talk to the players at the game to get feedback on performance of the official

2) Other than frequency, what are the other components of the 'FITT' principle? (3 marks)

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3) Which one of the following best describes reversibility as a training principle? (1 mark)

- a) Repeating each move backwards leads to better results
- b) Variety in training reduced boredom
- c) Performance can deteriorate if training stops
- d) Training should involve lots of rest intervals

4) Describe, using practical examples, the following training principles: overload, specificity and progression. (6 marks)

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5) Progression is an important principle of fitness training. Which one of the following shows the principle of progression? (1 mark)

- a) Doing more repetitions of the same weight in strength training
- b) Making sure you take enough rest intervals in circuit training
- c) Varying the types of training you follow in interval training
- d) Making sure the training is specific in plyometric training

6) Frequency is one of the FITT principles for training effectively. Which one of the following is an example of the frequency aspect of the FITT principle? (1 mark)

- a) Training at 70% of maximum heart rate
- b) Training three times a week
- c) Training with few rest intervals
- d) Training by using a variety of methods