

Weakness – Cardiovascular Endurance

Task

- Choose a weakness in your sporting performance that you want to improve. Produce a couple drills/exercises to improve this weakness, whilst applying the 'SPORT' principle and 'FITT' principle throughout.

Drill 1	Drill 2
S – Specificity	S – Specificity
P – Progression	P – Progression
O – Overload	O – Overload
R – Reversibility	R – Reversibility
T – Tedium	T – Tedium

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)
 - To learn the rules of the game and to give the right decisions in the next match
 - To get fitter and to keep up with the run of play
 - To learn the signal for offside by this time next week
 - 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)

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 the SMART principle of goal setting to improve performance in physical activities (5 marks)


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

6) 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

7) 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



8) Using practical examples from sport, explain the principles of training and goal setting to optimise a personal training programme.