

Name

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# **Unit 2: Fitness Training and Programming for Health, Sport and Well-being**

## **Part D - Training Methods**

# Personalised Learning Checklist Unit 2

Use this checklist before each assessment to focus your revision, and after to check the effectiveness of your revision

Unit 2									
TOPIC	UNIT TEST			PPE			JAN EXAM		
	R	A	G	R	A	G	R	A	G
D1: Components of fitness									
D2: Methods of training									
D3: Training Methods									

## Assessment Rubric

You would have noticed when being assigned this booklet that it came with a rubric. A rubric helps you achieve the best grade, and for the teacher to mark it.

To use it, simply see the description for each marking point, and how much it is worth. You will be graded on this booklet based on an overall score - But each section will be scored. Here is a quick copy of that rubric:

<b>Task 1</b>		
1. Identifies 5 Components of Fitness correctly	2. Identifies 7 Components of Fitness correctly	3. Identifies 9 Components of Fitness correctly
<b>Task 2</b>		
1.Limited Summary	2. Good Summary	3.Extensive Summary
<b>Task 3</b>		
1.Limited summary	2.Good summary	3.Extensive summary



# Components of Fitness - Task 2

Before the start of any season athletes are put through their paces in pre-season. All of the components of fitness are tested on the first day back in training after the end of season break to determine what components they need to focus on throughout pre-season.

Click the link to watch an example of Liverpool's first day of pre-season, paying particular attention to the different tests the players are being put through.

<https://www.youtube.com/watch?v=Ttx8QuFMjZ8>

**Task:** You have been given the test results for midfield player James Milner. Using this information can you identify (on the next page) two fitness components that he will need to improve on before the seasons starts. Can you also explain why these components of fitness would be important for someone like James Milner.



**NAME: JAMES MILNER**

**AGE: 34**

**POSITION: MIDFIELD**

Component of Fitness	Score	Component of Fitness	Score
Aerobic Endurance	Above Average	Agility	Average
Strength	Average	Balance	Above Average
Flexibility	Below Average	Coordination	Below Average
Muscular Endurance	Average	Power	Above Average
Speed	Below Average	Reaction Time	Below Average
Body Composition	Above Average		

# Components of Fitness - Task 2 (Continued)

**Task:** You have been given the test results for midfielder player James Milner. Using this information can you identify two fitness components that he will need to improve on before the seasons starts. Can you also explain why these components of fitness would be important for someone like James Milner.

**HINT:** Think about the components of fitness that might be the most and least important to James Milner before selecting which components he needs to improve.

Component One: \_\_\_\_\_

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Component Two: \_\_\_\_\_

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# Training Methods - Task 3

**TASK:** Below are links to three different types of training that you need to know about for this unit. Watch the videos (and take part in the training if you wish) and identify which component/s of fitness you are improving.

You also need to make note of what you think the advantages and disadvantages of each type of training are.

## TYPE OF TRAINING: INTERVAL TRAINING

<https://www.youtube.com/watch?v=tXOZS3AKKOW>

Advantages	Disadvantages

## TYPE OF TRAINING: FARTLEK TRAINING

<https://www.youtube.com/watch?v=Z3crT2UBeJE>

Advantages	Disadvantages

## TYPE OF TRAINING: CIRCUIT TRAINING

<https://www.youtube.com/watch?v=JlrZ0wR6rsI>

Advantages	Disadvantages

# Resources and Websites

## Textbooks

Adams M et al, BTEC Level 3 National Sport Book 1, Pearson, 2010 ISBN 9781846906510

Adams M et al, BTEC Level 3 National Sport Book 2, Pearson, 2010 ISBN 9781846906503

Adams M et al, BTEC Level 3 National Sport Teaching Resource Pack (Second Edition), Pearson, 2010 ISBN 9781846906541

Howley ET and Franks BD, Health Fitness Instructor's Handbook (Fourth Edition), Human Kinetics Publishers, 2003 ISBN 9780736042109

Sharkey BJ and Gaskil SE, Fitness and Health (Sixth Edition), Human Kinetics Publishers, 2006 ISBN 9780736056144

## Websites

The following websites provide information on a wide range of topic areas and can be used in conjunction with key textbooks and journals. They provide good sources of information about health, nutrition and fitness training and programming.

[www.acsm.org](http://www.acsm.org) – American College of Sports Medicine – health, fitness and nutrition articles

[www.bbc.co.uk](http://www.bbc.co.uk) – BBC – healthy living

[www.bhf.org.uk](http://www.bhf.org.uk) – British Heart Foundation – health, lifestyle, nutrition, hydration, heart disease, exercise, food labelling, questionnaires, smoking

[www.brianmac.co.uk](http://www.brianmac.co.uk) – BrianMac – sports drinks, fitness testing, training, programming

[www.bupa.co.uk](http://www.bupa.co.uk) – BUPA – benefits of exercise, children and exercise

[www.doh.gov.uk](http://www.doh.gov.uk) – Department of Health – obesity, healthy eating, initiatives, factsheets for government recommendations for physical activity (various age groups)

[www.drinkaware.co.uk](http://www.drinkaware.co.uk) – Drinkaware – health effects and issues, facts, sevenday calculator

[www.food4life.org.uk](http://www.food4life.org.uk) – Food4life – eatwell plate, food groups

[www.livestrong.com](http://www.livestrong.com) – Livestrong – effects of poor nutrition

[www.macmillan.org.uk](http://www.macmillan.org.uk) – Macmillan – benefits of exercise, maintaining a healthy lifestyle and getting active

[www.nhs.uk](http://www.nhs.uk) – NHS – physical activity guidelines for all ages, health benefits, activity levels, sedentary lifestyles and strategies, balanced diet, eatwell plate, smoking

[www.who.int](http://www.who.int) – The World Health Organization – health topics