



| Methods of Training (1) | | | | |
|-------------------------|-----------------------------------|--|---|--|
| | Method | Description | Component of Fitness | Sporting Example |
| 1 | Continuous Training | No rest periods. Exercising at a constant rate. E.g. Running, Cycling, Swimming. | Cardiovascular fitness | Marathon Runners, Swimmers, Long-Distance Cyclists, Games Players |
| 2 | Fartlek Training | It involves changes of speed. It's a type of continuous training but involves changes in intensity over different intervals. E.g. changing speed or terrain. | Cardiovascular fitness | Marathon Runners, Swimmers, Long-Distance Cyclists, Games Players |
| 3 | Interval Training | This uses fixed patterns of exercise. It has periods of high intensity exercise and either low intensity or rest. Very structured. | Cardiovascular fitness and speed | Marathon Runners, Swimmers, Long-Distance Cyclists, Games Players, Sprinters |
| 4 | Resistance/Weight Training | Helps strength and muscular endurance. You are using muscles against resistance. Anaerobic training. | Strength and Muscular Endurance | Weightlifters, Boxers, Swimmers, Cyclists, Sprinters |
| 5 | Circuit Training | Stations of specific exercises for a set amount of time before moving on to the next station. Works both aerobic and anaerobic fitness. | Muscular endurance, strength and/or cardiovascular fitness | A Variety of Athletes (Depending on Component of Fitness) |
| 6 | Plyometric Training | Exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power. | Power | Sprinters, High Jumpers, Long Jumpers |



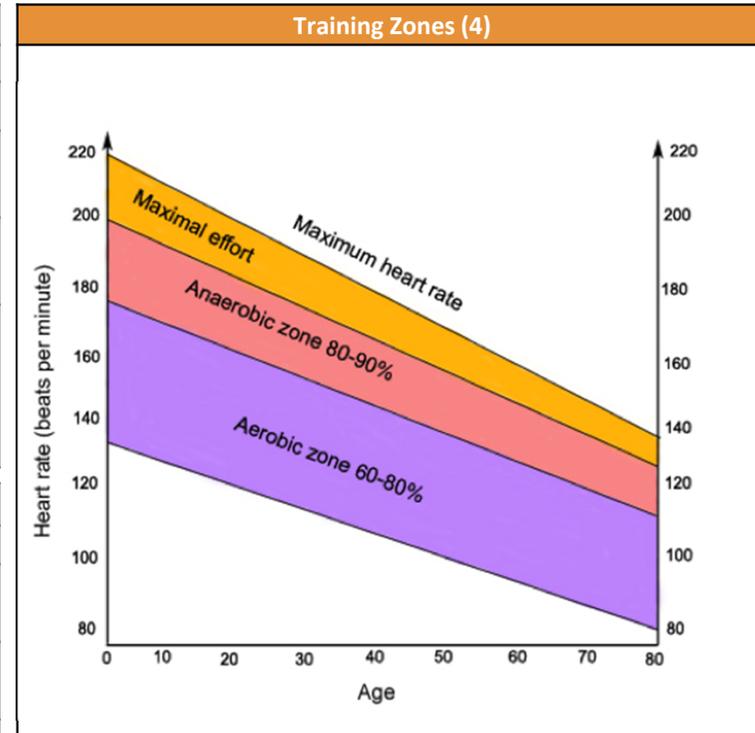
Key Terms (2)

| | Key Term | Definition |
|---|---------------------------------|---|
| 1 | Heart Rate (HR) | The number of heart beats per minute , measured in beats per minute . |
| 2 | Resting Heart Rate (RHR) | The number of heart beats per minute (at rest) , measured in beats per minute . |
| 3 | Maximum Heart Rate (MHR) | The maximum number of beats your heart can beat per minute . This is measured in beats per minute. This is calculated as 220 - age. |
| 4 | Recovery Heart Rate | The fitter you are, the faster the recovery of your heart rate. Your heart rate drops most sharply in the first minute after you stop exercising; it should then fall about 20 beats a minute —a drop of less than 12 beats a minute is considered abnormal. |

Training Thresholds (3)

| | Key Term | Definition |
|---|---------------------------|--|
| 1 | Aerobic Training | 60-80% of your maximum heart rate. |
| 2 | Anaerobic Training | 80-90% of your maximum heart rate. |
| 3 | Muscular Endurance | Low Weight Vs High Repetitions & Sets |
| 4 | Muscular Strength | High Weight Vs Low Repetitions & Sets |

Training Zones (4)



ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following task:

- Written knowledge test on the Methods of Training (20 multiple choice questions).