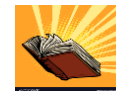




Topic: Methods of Training

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



Topic: Methods of Training

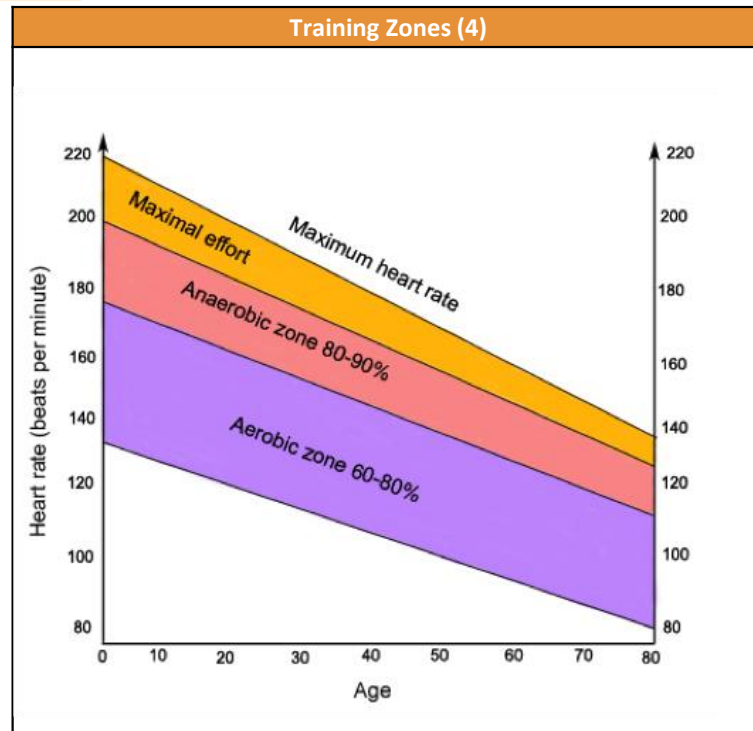
Key Terms (2)

	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 $220 - \text{age}$.
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).