

NON-NEGOITIABLES

Create folders in your student drive for each Unit 1, 2, 3.

Document called: YOURNAME-U3LAAv1

Unit details and student detail included.

Page numbers.

Titles for each main section.

Subtitles for each subsection.

The same font throughout.

Referencing for all information/pictures diagrams that you get from the internet.

U3 LAA

To gain a LEVEL 1 PASS you would be making a LIST

To gain a LEVEL 2 PASS you would be DESCRIBING the things in the list

To gain a LEVEL 2 MERIT you would then explain why they happened

To gain a LEVEL 2 DISTINCTION you would then ANALYSE the effect they have

BRIEF SUMMARY

You are designing a personal training programme for a leisure centre

IT HAS TO BE CREATIVE i.e. It isn't the same session every time.

IT HAS TO BE BASED ON THEORY i.e. Say why you do it then what you are going to do.

WHO ARE YOU? WHAT SPORT DO YOU PLAY?
WHAT ARE YOU AIMING FOR?

PARQ

FITNESS TEST RESULTS

STRENGTHS AND WEAKNESSES

TARGETS

TRAINING PROGRAMME (6 WEEKS)

WARM-UP

ACTIVITY

COOL DOWN

STRUCTURE

SMART TARGETS

BASIC PRINCIPLES OF TRAINING – FITT

Frequency Intensity Time Type

ADDITIONAL PRINCIPLES OF TRAINING

Specificity Progressive overload Adaptation Variation
Individual needs Rest and recovery Reversibility

EXERCISE INTENSITY – MAX HR = 220-AGE

BORG'S PERCEIVED EXERTION SCALE

OVERCOMING BARRIERS TO TRAINING E.G. BOREDOM

UNIT CONTENT

