

Methods and

Principles of

training

**Name**.....

## Methods of Training- Part 3 – Year 10 GCSE PE

### Weight training for strength and muscular endurance

When training for \_\_\_\_\_, a performer will need to perform a \_\_\_\_\_ number of repetitions using \_\_\_\_\_ weights.

When training for muscular \_\_\_\_\_, a performer will need to perform a \_\_\_\_\_ number of repetitions using \_\_\_\_\_ weights.

For example:



### Muscular Endurance

\_\_\_\_\_ sets of \_\_\_\_\_ reps using a 5kg weight completing bicep curls.

### Strength

\_\_\_\_\_ sets of \_\_\_\_\_ reps using a \_\_\_\_\_ weight completing bicep curls.

Advantages	Disadvantages
Can be tailored to individual needs so it is appropriate for all levels	Requires a lot of _____ and can be _____ to join the gym
Can include a variety of _____ and different equipment to prevent _____	Incorrect _____ can lead to injury
Can strengthen the _____	

but training can also be targeted at

\_\_\_\_\_ muscles

### **Circuit training**

Circuit training can improve \_\_\_\_\_, \_\_\_\_\_  
\_\_\_\_\_ or \_\_\_\_\_  
depending on the \_\_\_\_\_ included in the circuit.

Circuit training involves \_\_\_\_ to \_\_\_\_ different exercises called  
\_\_\_\_\_ which are completed one after another.

You perform each exercise for a set number of \_\_\_\_\_ or for a set  
period of \_\_\_\_\_ before moving onto the next exercises after a short  
rest.



The number of \_\_\_\_\_, the time \_\_\_\_\_ and the time  
\_\_\_\_\_, as well as the number of \_\_\_\_\_ can be modified  
according to your \_\_\_\_\_ level.

When planning a circuit it is important not to have two consecutive exercises  
that train the same \_\_\_\_\_ as you need to avoid  
muscle \_\_\_\_\_

Can be carried out 2-3 times per week

Advantages	Disadvantages
It is _____ and _____	It can take a while to set up
Can match the _____ to specific training needs	_____ can be affected by _____ if performing as many reps as possible
Large groups can train at the _____	
It doesn't take too long to complete one circuit	

### **Fartlek training**

Fartlek training can improve \_\_\_\_\_ and \_\_\_\_\_

It is also known as \_\_\_\_\_ in \_\_\_\_\_

Fartlek training involves changing \_\_\_\_\_ as well as \_\_\_\_\_

It is best used by \_\_\_\_\_

### **Interval training**

The nature of interval training involves periods of \_\_\_\_\_ and periods of \_\_\_\_\_. It can be used to improve both \_\_\_\_\_ and \_\_\_\_\_ respiration.

To improve anaerobic capacity the training would be of a \_\_\_\_\_ intensity with \_\_\_\_\_ rest periods

To improve aerobic capacity the training would be of a \_\_\_\_\_ intensity with \_\_\_\_\_ rest periods.

Name 3 things that need to be considered while planning an interval training session. (3 Marks)

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.....  
.....

### **Continuous training**

Continuous training is the nature of training \_\_\_\_\_ breaks. It improves \_\_\_\_\_ and \_\_\_\_\_ therefore is helpful to long distance runners. Training must be over \_\_\_\_\_ minutes long and can last up to 2 hours. One negative of continuous training is \_\_\_\_\_ .

### **Plyometric training**

The nature of fully \_\_\_\_\_ muscles to generate maximum \_\_\_\_\_

Training involves the following movements - \_\_\_\_\_ , \_\_\_\_\_ and \_\_\_\_\_ . \_\_\_\_\_ , \_\_\_\_\_ and \_\_\_\_\_ are examples of sports that would benefit from plyometric training.

### **High Intensity Interval training (HIIT)**

HIIT training is the nature of working at \_\_\_\_\_ intensities with \_\_\_\_\_ short breaks in between.

It works your \_\_\_\_\_ capacity and helps with sports like \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_.

Rest periods are usually \_\_\_\_\_ or equal to the exercise periods.

## **Principles of training**

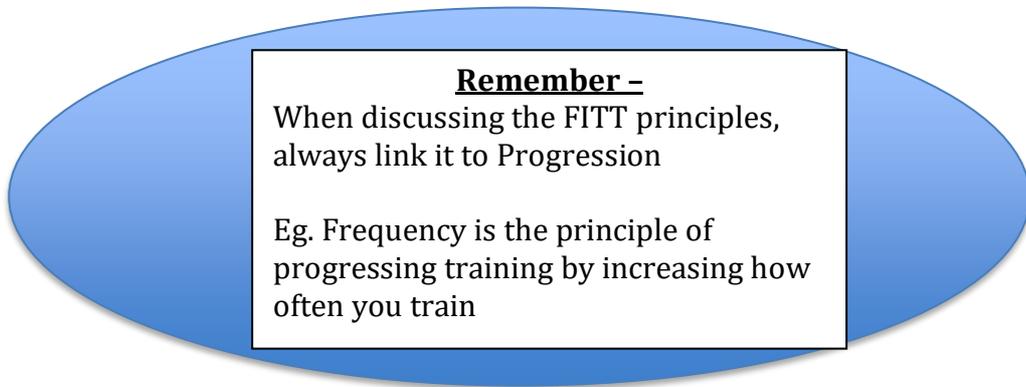
What is a principle of training?

***'It is the rules we need to follow when designing a physical activity programme'***

The acronym we use is .....

**S.P.O.R F.I.T.T**

Principle	Description	Sporting example

**Remember -**  
When discussing the FITT principles,  
always link it to Progression

Eg. Frequency is the principle of  
progressing training by increasing how  
often you train

Can you give one example of how you would apply the F.I.T.T principle to an athlete who exercises 3 times per week at 70% intensity? (2 marks)

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