

Chapter 6

Training

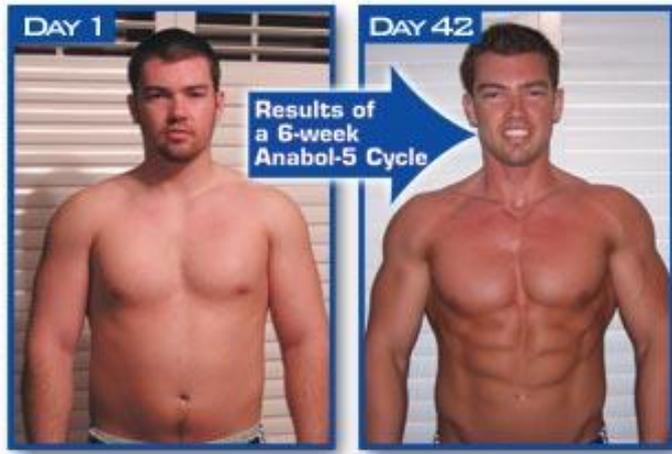
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6.1. & 6.2 Principles of Training:

Training takes place to improve the ability and capability to take part in an activity more effectively.

Objectives:

- Understand the ways in which different factors affect the capacity to train
- Understand and define these factors



➔ Adaptation

Task 1.

State 4 ways the overload principle can be used

1. _____
2. _____
3. _____
4. _____

Task 2.

Describe two ways training can be made specific

1. _____
2. _____

Task 3. Exam Style Question

Explain in terms of reversibility why gaining an injury can affect your sports performance

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6.3 Aspects of Training

All training programmes and training sessions usually have specific parts or phases which are the aspects of training:

- Warm up
- Fitness or exercise phase
- Skills or team play phase
- Cool down

Objectives:

- Consider how to design training to be most effective
- Be aware of what should be included within a training session
- Be able to cater for individual needs

Task 1.

Give two reasons why warming up is important.

1. _____
2. _____

Task 2. Sorting

Put the phases of a training session in the correct order.

- Warm down _____
- Warm up _____
- Skill phase _____
- Fitness phase. _____



Task 3. Exam Question

A warm-up and warm-down are essential when taking part in physical activity.

(i) Give **two** reasons why you should complete a warm-up before physical activity.

- 1
- 2

(2 marks)

(ii) Give **two** reasons why you should complete a warm-down after physical activity.

- 1
- 2

(2 marks)

(Total 4 marks)

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6.4 Circuit Training

Circuit training is one of the most common forms of training because it is easy to set up and very flexible.



Objectives:

- Consider the types of circuit that can be used
- Look at the types of benefit that can be gained
- Consider some of the content that could be included in a planned circuit



Example stations for a circuit.

Task 1. Matching task

Timed Circuit

Most circuits consist of one or more laps. These can be exactly the same, increased work and reduced rest or you can have sprint laps where a whole lap is completed very quickly with perhaps 10 seconds of work and only 3 seconds of rest before you move on to the next activity.

Fixed Load

Each particular station is labelled with the exact amount of work that must be done, without any particular time limit.

Varied laps

There is a set time for the exercises, completing as many as possible in this time. A rest period follows immediately afterwards for recovery. The times can be the same or either can be longer or shorter.

Task 2.

Describe 1 difference between a fitness and skills circuit.

Task 3. Exam Question

What are the advantages of using circuit training as a method of training?

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.....(Total 8 marks)

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6.5 Weight Training

Weight training is primarily used to improve some aspect of muscular strength, which could also include endurance or power.

Free-standing weights



Objectives:

- Consider the ways in which weight training can be used effectively
- Be aware of how weight training might effectively be carried out

Task 1- Matching task

Muscle Tone

The maximum weight you are able to lift once

Repetition

Where tension remains in a muscle, even during rest

Sets

The number of times you carry out a particular weight activity

Repetition Maximum (RM)

The number of times you move the weights

Task 2-

In your own words describe what is meant by specialist weight- training equipment

Task 3. Exam Question-

Weight training is a popular type of training used by many performers.

(i) Explain two different advantages of using weight training as a training method.

Advantage one

.....
.....
.....

(2 marks)

Advantage two

.....
.....
.....

(2 marks)

6.6 Further training methods

This is any type of training that keeps the heart rate, and therefore the pulse rate, high for a sustained period of time.

Objectives:

- Be aware of other forms of training that are available
- Match training methods to particular activities

Altitude Training



Task 1.

List 3 key words that could be used to describe the following 'further training methods'

1. Interval _____
2. Fartlek _____
3. Continuous Shuttle Run _____

Task 2.

In your own words, describe what is meant by 'Altitude Training'. _____

Task 3. Exam Question

Explain what is meant by the term 'progression' in relation to interval training.

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(2 marks)