

Task 3 – Apply principles of training in sport

You need to present the different training methods, and how they target different components of fitness.

Your task is to gather information on the SPOR and FITT principles, different methods of training and the use of SMART goal setting and create a presentation that must include the differences between aerobic and anaerobic exercise, using examples of each.

In relation to the clients specific training programme goals, you must:

- Discuss how the principles of training (SPOR and FITT) and SMART goals can be applied to the client's training programme
- Describe the benefits and drawbacks of each training method
- Describe the differences between aerobic and anaerobic exercise. The evidence for this task must be a written report or presentation.

Advice

- Research the different principles of training and SMART goal setting and how they are applied
- Know if the training methods are aerobic and anaerobic and discuss them in terms of intensity, duration and oxygen consumption for both
- Know the structure of each training method and how each can be adapted for use with different components of fitness
- Give practical application to all components of SMART in your selected activity.

Lesson Overview: • Aerobic vs Anaerobic • SPOR • FITT • SMART • Training Methods • Assessment write up	Unit Specific Words: • Aerobic • Anaerobic • Specificity • Progression • Overload • Reversibility • Frequency • Intensity • Time • Type • Specific • Measurable • Achievable • Realistic • Time-based • Continuous Training • Fartlek Training • Interval Training • Circuit Training • Plyometric
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	• Weight/Resistance Training • High Intensity Interval Training (HIIT)
Suggested reading and support available: • OCR Sport Science Student Book	Tier 2 Vocabulary: • Implications • Justification • Validity • Predominant • Pivotal

MB1: 1 – 5 marks	MB2: 6 - 10 marks	MB3: 11 - 15 marks
A brief outline of SPOR and/or FITT principles and basic application to their selected sporting activity. A brief outline of SMART goals and basic application to their selected sporting activity. Few benefits outlined of applying the principles to the training programme.	SPOR and FITT principles are described with adequate relevant examples given for each aspect of their selected sporting activity. SMART goals are described with adequate relevant examples given for each aspect of their selected sporting activity. Adequately analyses the benefits of applying the principles to the training programme.	SPOR and FITT principles are described in detail with clear and relevant examples given for each aspect of their selected sporting activity. SMART goals are described in detail with clear and relevant examples given for each aspect of their selected sporting activity. Comprehensively analyses the benefits of applying the principles to the training programme.
MB1: 1 – 3 marks	MB2: 4 - 6 marks	MB3: 7 - 9 marks
A brief outline of their selected training methods, including a basic comparison of aerobic and anaerobic exercise.	Adequately analyses their selected training methods, including sound comparison of aerobic and anaerobic exercise.	Comprehensively analyses their selected training methods, including a clear and detailed comparison of aerobic and anaerobic exercise.