

# Components of Fitness

## Physical Fitness

- 1 **B**ody Composition
- 2 **A**erobic Endurance
- 3 **S**trength (Muscular)
- 4 **S**peed
- 5 **F**lexibility
- 6 **M**uscular Endurance

## Skill - related Fitness

- 1 **C**o-ordination
- 2 **R**eaction time
- 3 **A**gility
- 4 **B**alance
- 5 **P**ower

# Principles of Training

**Frequency** – How often do you train? (How many times a week)

**Intensity** – How hard do you train? (Heart rate/pyramid, BPM, BORG scale RPE)

**Time** – How long you train for? (min. 30mins)

**Type** – What type of training method (e.g. weight, circuit, interval...?)

# Training Methods

## Flexibility training

1. **Static Stretching** – Active (you), Passive (someone/thing else)
2. **Ballistic Stretching** – bouncing, actions
3. **PNF Stretching** – stretch, hold, tension, stretch further

## Speed Training

1. **Hollow Sprint** - broken up by 'hollow' lower level work
2. **Acceleration Sprints** - jogging to striding and finally to sprinting at maximum speed.
3. **Interval Training** -- work, rest, work, rest

# Exercise Intensity


$$220 - \text{Age} = \text{Max HR}$$

$$\begin{aligned} \text{Max HR} \times 0.60 &= 60\% \\ 0.85 &= 85\% \\ 0.95 &= 95\% \end{aligned}$$

**Specificity** – training specific to the individual needs of athlete (Sport, Position, Component of fitness, Age, Gender)

**Progressive Overload** – Make training gradually harder so body gradually improves and adapts (increase *FREQUENCY/INTENSITY/TIME*)

**Adaptation** – Body adapts in response to training (gets stronger because of strength training etc.)

**Rest and Recovery** – Allows adaptation to take place and to avoid injuries due to fatigue/tiredness (have rest days)

**Reversibility** – Body will reverse back if training is stopped for a prolonged time (illness, injury, and motivation)

**Variation** – Training must be varied to avoid boredom (use different *TYPES* of training methods)

## Strength, muscular endurance and power training

1. **Free weights** – Sets, reps, barbell, dumbbell
2. **Circuit Training** – stations
3. **Plyometric** – bouncing, throwing, jumping

## Aerobic Endurance Training

- 1 **Continuous training** – non-stop 30 mins
- 2 **Fartlek Training** – 'Speed play', slow, medium, fast/different terrain
- 3 **Interval Training** – work, rest, work, rest