GCSE Physical Education – The Principles of training								
	ACRONYM! Definitions of Principles of training			<u>ACRONYM!</u>				
S	Specificity	Specificity	Training should be relevant to the activity or type of sport	F	Frequency			
Ρ	Progression	Progression	The amount of work you do over the sessions should GRADUALLY get harder	1	Intensity			
0	Overload	Overload	The body needs to work harder than normal so that there is stress and discomfort	т	Time			
R	Reversibility	Reversibility	Performance can deteriorate if training stops or decreases in intensity for any length of time	т	Туре			
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Applying the principles of training to training programmes								
SPECIFICITY	PROGRESSION	OVERLOAD	REVERSIBILITY					
Training is relevant to the individual and their activity or sport	Training gradually becomes more difficult You have to make the trainign gradually harder as the body has adapted to previous training schedule by getting stronger or fitter	You need to work the body harder than normal and put it under stress This allows fitness adaptions or skill improvements to occur example: lift heavier weights than normal in the gym	Fitness will deterioate if training stops example: If the performer gets injured then or stops training the adaptations (strength, CV fitness) will start to be lost					
Example: A sprinter will train for speed, while a marathon runner will train the CV fitness A sprinter will train anaerobically, a marathon runner will train aerobically	Examples: A more complex routine might be put in place Lift slightly heavier weights than before Put in more repetitions of the exercise	You can increase the freguency, intensity or time of the session to overload example: Increase weight repitions in the gym Increase the intensity you perform your training Put more training sessions in per week	Maintaining training allows reversibility to be stopped Example: A training programme of 3 sessions per week will need to be maintained over a set period of time					