

Year 8 Keywords:

Spring

Principle of Training

A set of criteria or rules to follow in order to produce an effective training programme. Students will be applying this to the fitness unit of work.

Keyword	Definition
Specificity	The training must be matched to the needs of the sporting activity and individual.
Overload	The body must work harder than normal so there is some stress and discomfort. Adaptation and progress will follow Overload because the body will respond to the stress.
Progression	Not only do we need to include Overload in our training, it must also become gradually more difficult.
Reversibility	Any adaptation that takes place as a result of training will be lost if you stop training.
Frequency	The Number of Training Sessions Each Week.
Intensity	How Hard you Train.
Time	How long you train for.
Type	Which method of Training you Use

Reaction Time	The time taken to respond to a stimulus
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