

## Unit 1 Task Sheet 3(a)

**AC3.1:** Strategies to improve physiological performance.

**Scenario:** You have been asked by your PE teacher to demonstrate your understanding of the strategies that could be used by a coach to improve the physiological performance of a sports performer or team.

Describe the following strategies and explain why they might be used to improve the physiological performance of a sports performer or team.

Strategy	Description/Explanation
<p><b>Training Programme Planning</b> (Inc: training methods, principles and zones)</p>	
<p><b>Nutritional Plan</b> (Inc: energy balance, carbo loading, hydration, protein)</p>	
<p><b>Recovery Methods</b> (Inc: ice baths, cool down, massage, carb replenishment)</p>	