

Unit 2 Task Sheet 5

AC3.1: The principles of training.
AC3.3: The factors that need to be considered for training.

Scenario: You have been asked by your PE teacher to produce a table for Key Stage 3 pupils that describes the principles of training. You must then identify factors that must be considered before you start a training programme.

Principle of Training	Description
Specificity	
Progression	
Overload (Intensity, Frequency, Duration)	
Variance	

Identify factors that you would have to take in to account before starting any training programme. You should include personal and environmental factors and session structure:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.