# **Knowledge Organiser**

# **Unit 3 Applying the Principles** for Personal Training

## **Learning Aim A- Design a personal fitness** training programme

## Personal information to aid training programme design (SMARTER)

Specific, measurable, achievable, realistic, time-related, exciting, recorded. Aims (details of what you would like to achieve for the selected sport/activity. Unit 2 Sport **Objectives** (how you intend to meet your aims using an appropriate component of fitness and method training). E.g. aerobic endurance/fartlek, interval, continuous training Lifestyle and physical activity, medical history questionnaire, attitudes and personal

#### motivation for training. Programme design

Use personal information to aid 6 week training programme design

- Select an appropriate training method/activity for improving/maintaining the selected component of fitness e.g. aerobic endurance, speed, flexibility.
- Appropriate combination of activities to meet personal training needs, goals, aims and objectives.
- Use of the FITT principle.
- Selection of warm-up/cool down to prepare the body for exercise and to reduce heart rate and remove lactic acid.
- Creative design to prevent and avoid barriers to training to maintain motivation and commitment, and to prevent boredom.

			d to consider lots of person
			be effective. Complete th
			personal information about
yourself, this i	nformation wit me	n be used to he	up plan your training
programme.			
Nome:		Age:	Gender:
Personal Ga	/bid		
		low. Use these t	o help you write your
personal go	ni in mis nox		
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considered t	when setting your	personal agai.	
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			diovascular endurance.
	recovery rate on	d speed"	
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	game and help t	me put in tacke	s later on when I'm usually
	tired.		
	ASSESS:		
Medsurdore			that you can monitor your
			sone by using time, distance
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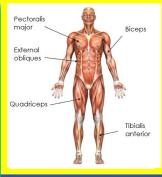
	what you are training towards, it should be on the top of
	each one of your training diany reports. Progress made during
	the programme should also be recorded so that
	improvements are seen and recognised, this can then be
	used as motivation to train as it is exciting to see yourself
	making progress towards your goal.
Aims	
The aims of	our training programme will be based upon the personal goal.
mat you hav	re set yourself. In this bax you must give details about what you
would like to	ochieve by me end of me training programme.
Example - Yo	Improve conditioning for football (including improving
cordiovascu	for endurance, recovery rate and speed!
Objectives	
In this pay yo	ou must write about how you plan to achieve your aims and
merefore or	nieve your overall personal goal.
Example - LA	se interval training as this relates to the demands of football
	changed to improve CV endurance, recovery rate and speed
	no through heart rate training sones within a session.
by progress	g mognitude ionig some anni o season.
Lifestyle and	physical activity history
in this bax yo	ou must write about your ifestyle and what physical activity you
current do. 1	his should include information on what physical activity,
exercise and	sports you do, any ascand intake, how much free time you
have to train	, occupation, family commitments and financial stuation as
mese can a	affect your ability to take part in a training programme.
Medical hist	ony questionnaire
	ou need to write about any medical history or conditions that
you have th	at cours affect your ability to take part in a training
programme	trate reference to the PAR-Q questionnaire that you must
have compl	eted. You should also give details of any medication that you
	at could influence your ability to train. For example, innaiers, if
you have or	ry medical issues say how you are aping to overcome them so
that you can	participate in a training programme.
	training and personal motivation
in this bax yo	ou must write about your general attitude and motivation
	sing. Remember attitude is how positive or negative you feet
	thing. This can affect your motivation levels and your intension
about same	

	Week1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	Date					
	Time					
	Location					
	Aim					
	Objective					
	Frequency					
	Intensity %MHR Borg scale:					
	Time					
	Type					
	Equipment needed					
	Progressive overload					

#### Intensity

Target zones HR max=220- AGE 60-85% to improve aerobic endurance Borg rating of perceived exertion RPE to measure exercise intensity  $RPE \times 10 = HR (bpm)$ 













# Learning Aim B- Know about the musculoskeletal and cardiorespiratory system and the effects on the body during fitness training

#### Musculoskeletal system

Label the major muscles: deltoid, biceps, triceps, pectoralis major, latissimus dorsi, external obliques, gluteus maximus, quadriceps, hamstrings, gastrocnemius

Label the major bones: cranium, clavicle, scapula, ribs, sternum, humerus, radius, ulna, pelvis, femur, patella, tibia, fibula.

Structure and function of the synovial joints (label) at the hip, shoulder (ball and socket) knee, elbow (hinge joint)

### **Cardiorespiratory system**

Structure of the cardiorespiratory system (label): atria, ventricles, aorta, vena cava, pulmonary artery, pulmonary vein

Structure of the respiratory system (label): lungs, bronchi, bronchioles, alveoli, diaphragm.

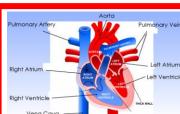
## Short term effects of fitness training (MERIT)

Explain the effects of: Lactic acid, warm-up, progressive overload, heart rate and breathing rate.









# Learning Aim C- Implement a self-designed personal fitness training programme to achieve own goals and objectives

Wear correct training gear, safe and correct use of equipment, implementation of correct technique, awareness of wider safety issues e.g. personal safety if training outdoors.



# Training diary for each session recording

- Date, time location of training undertaken
- · Aims and objectives for each session
- Session duration
- Types of training undertaken-selected method/activity
- Programme details (FITT)
- Log of personal performances and achievements
- · Resources required e.g. equipment
- Principles of progressive overload and how this has been achieved over the course of the programme
- Details of programme intensity using % HR max and RPE

#### **Measure for success**

- Types of motivation (intrinsic and extrinsic)
- Motivation for training, including details in the diary of personal feelings before, during and after each training session
- Details of how the programme has been adapted to ensure continued commitment to training, e.g. using variation of activities/training methods
- Achievement against personal aims, goals and objectives, e.g. how performance has been taken to a higher level





**Training Diary Example** 

trainer at RPE 12. I completed all of the stretches though before I started the main bit. met all of my objectives as I did interval training and I tried really hard. I completed all 6

**Training Diary** 

Warm up of: Pulse raiser - 2 mins jogging, 2 mins sidesteps, 1 minute of high knees. SAQ

Stretching - 1 minute of lunges and hold it for 2 seconds, 30 secs static stretch both

Cool down: Pulse lowering activity - 2 minute of jogging, 2 minutes of sidesteps, 2

Stretching - Lunges 1 minute, Calf stretch, Quadriceps stretch

topwatch, SAQ Ladders, exercise bike, kit, trainers

Location: School fitness

Date: 28/11/18

Take part in interval training

minutes of walking to lower pulse rate

raining activities undertaken (including FITT):

Stick to the plan I have made or make it harde

Comments on progressive overload and how you may need to change the next session lext week I am going to ask Sir if I can add some SAQ ladders at the start of the session to make the session more interesting. The main bit of the session was pretty boring and I

How did you feel before, during and after this session?

manage to cycle for 18 minutes without stopping. I think this affected by intrinsic was really tired at the end. Sir was really good when I was getting tired because he ncouraged me to push myself. During the session I felt quite hot because I was indoors out I managed to keep going for the whole session. After a rest and a drink, I started cycling and after a minute or so I found a good rhythm, for the last minute I really found

# **Video/Photographs Evidence**

You need to show evidence that you have completed training sessions. This can be through the use of video evidence by recording short clips of the activity you are performing whilst introducing yourself at the start.

Annotated photographs can also be used as evidence showing you complete exercises





WWW What went well



**FBI** Even better

if

# Learning Aim D- Review a personal fitness training programme

## **Review programme**

This should include short term physiological effects, improvements as a result of the programme to meet the activity/sport goal. (Physiological effects should link back to learning aim B)

- · After each training session
- Evidence of modifying the programme to achieve planed personal goals

### Strengths:

• Areas of the programme where and how personal aims and objectives have been achieved with reference to measure of success.

#### Areas for improvement:

Where outcomes do not meet planned goals

## Recommendations for improving future training and performances

for example personal training needs, use of different training methods/activities or strategies, use of psychological training techniques to improving performance.

## Comparison to previous test results

<u>lest</u>	<u>Result</u>	Component Tested	Rating
12 Min Cooper Run			
1 Minute Press Up Test			
1 Minute Sit Up Test			
Sit & Reach Test			
Vertical Jump Test			
ВМІ			