



Training Methods & Fitness Classes

Mark Scheme

Q1. Abdul wants to improve his fitness for the 100m sprint. His teacher suggests using interval training. Describe interval training and give an advantage of using this training method. **(2 marks)**

Mark One – Interval training is using high intensity periods of exercise, followed by periods of rest.

Mark Two – An advantage is that it creates good anaerobic fitness.

Accept other appropriate answers

Q2.

Fitness Classes are widely used by people to improve different components of fitness. Explain which fitness class could be used by a tennis player to improve their performance. **(3 marks)**

Mark One – Body Pump could help a Tennis player improve their performance.

Mark Two – Body Pump involves using light weights repeatedly, which increases muscular endurance in many muscle groups.

Mark Three – This is important for Tennis as it means a player can keep using their upper body muscles repeatedly throughout a whole match in order to play effective forehand shots.

Accept other appropriate answers

Q3.

a) Mariam is 18, and has recently started interval training in order to improve her ability as a sprinter. Mariam's coach has told her to do some continuous training as part of her training programme? Evaluate whether you agree with this decision? **(3 marks)**

Mark One – Continuous training is good for improving **cardiovascular fitness** – this is aerobic fitness.

Mark Two – Mariam is a sprinter, which requires good anaerobic fitness.

Mark Three – Therefore it would not appear to be a good decision to conduct continuous training, as this would not help Mariam improve the components of fitness that she requires in her event – such as speed.

Accept other appropriate answers

Q4. Give one advantage and one disadvantage of using plyometrics as a method of training. (2 marks)

Mark One (advantage) – Improves power and explosiveness or doesn't require expensive equipment

Mark Two (disadvantage) – High intensity work can result in injuries or a lot of rest is required in between sessions

Accept other appropriate answers

Q5. Evaluate how a basketball player could use circuit training in order to improve their performance (9 marks)

A01 – A basketball player could use a range of stations as part of circuit training which could work on muscular endurance in the leg muscles

A02 – These stations could include squats, burpees and step ups.

A03 – This would improve the basketball player's ability to move up and down the court repeatedly, without fatigue, throughout the duration of the match

A01 – A basketball player could also look to improve his cardiovascular fitness through circuit training

A02 – This would be achieved by keeping the heart rate in the aerobic training zone (60-80% of maximum heart rate) throughout the session. Only having small periods of rest between stations would help to achieve this.

A03 – Better cardiovascular fitness would help the basketball player to provide his muscles with oxygen throughout a match, meaning he can work at a higher intensity for longer.

A01 – Furthermore the basketball player could also adapt the circuit to create a skills circuit

A02 – This could include passing and dribbling stations which look to improve agility and coordination.

A03 – This would help to increase general fitness as well providing specific training which will help the basketball to improve their skills in a match situation.

Accept other appropriate answers – they may refer to the need to also use other methods of training

Pupils should also make use of a short introduction and conclusion.



Name: _____

Training Methods & Fitness Classes

Date:

Total marks available: 19

Total marks achieved: _____

Percentage: _____

Q1. Abdul wants to improve his fitness for the 100m sprint. His teacher suggests using interval training. Describe interval training and give an advantage of using this training method. **(2 marks)**

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Q2. Fitness Classes are widely used by people to improve different components of fitness. Explain which fitness class could be used by a tennis player to improve their performance. **(3 marks)**

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Training Methods

Name _____

Class _____



	Description from Specification	Pupil comments – How confident do you feel on this topic?
3.3.2	Factors to consider when deciding the most appropriate training methods and training intensities for different physical activities and sports (fitness/sport requirements, facilities available, current level of fitness).	
3.3.3	The use of different training methods for specific components of fitness, physical activity and sport: continuous, Fartlek, circuit, interval, plyometrics, weight/resistance. Fitness classes for specific components of fitness, physical activity and sport (body pump, aerobics, Pilates, yoga, spinning). The advantages and disadvantages of different training methods.	

Methods of Training

Athletes within different sports are required to use different training methods

After taking part in the following activities, use the table below (along with the **key terms** section at the back of this booklet) to describe the following training methods:

Training Method	What is it?	Who should take part in this type of training?	What are the advantages of this type of training?	What are the disadvantages to this type of training?
Continuous Training				
Fartlek Training				
Interval Training				

Training Method	What is it?	Who should take part in this type of training?	What are the advantages of this type of training?	What are the disadvantages to this type of training?
Circuit Training				
Plyometrics				
Weight Training				

What sport do you take part in?

Which training methods are ideal for you? Why?

Below each of the following pictures, write out two training methods that would benefit this person:



Fitness Classes:

After taking part in the following activities, use the table below (along with the **key terms** section at the back of this booklet) to describe the following fitness classes:

Fitness Class	What is it?	Who should take part in this fitness class?	What are the advantages of this fitness class?	What are the disadvantages to this fitness class?
Aerobics				
Body Pump				
Pilates				

Fitness Class	What is it?	Who should take part in this fitness class?	What are the advantages of this fitness class?	What are the disadvantages to this type of fitness class?
Yoga				
Spinning				



State one advantage and one disadvantage of continuous training (2 marks).

State one advantage and one disadvantage of weight training (2 marks)

Explain how you could use **one** station within circuit training in order to improve your performance in hockey. (2 marks)

Identify an appropriate fitness class that would help a rugby player improve their fitness. Justify your choice of fitness class. (3 marks)

[illegible]

Key Terms:

Continuous Training – Steady training with no rest periods

Interval Training – High intensity periods of activity followed by defined periods of rest

Fartlek Training – Training where the speed and terrain are constantly changing

Circuit Training – Involves a number of exercises arranged within 'stations'

Weight/Resistance Training – Uses progressive resistance to build on muscle strength or muscle endurance

Plyometrics – Exercises where muscles use maximum force in short intervals of time

Aerobics – Mainly aerobic exercise to music, covering a variety of exercises

Body Pump – Exercise to music normally using low weights with many repetitions and a variety of exercises, such as lunges and squats

Pilates – A series of core stability exercises focussing on the quality of the exercise

Yoga – Ancient form of exercise that focuses on posture, poses and breathing

Spinning – Aerobic and anaerobic cycling on a stationary bike to music



Teacher Answer Booklet

Training Methods



	Description from Specification	Pupil comments – How confident do you feel on this topic?
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Methods of Training

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Training Method	What is it?	Who should take part in this type of training?	What are the advantages of this type of training?	What are the disadvantages to this type of training?
Continuous Training	Steady training within your aerobic training zone. No rest periods given. Can include running, swimming and cycling.	Marathon Runner Long distance swimmer Long distance cyclist	Improves cardiovascular fitness. Very little equipment required. Can be done individually or in a group.	Does not improve anaerobic fitness. Can become boring. If training outside the weather can have an effect on sessions.
Fartlek Training	Working at different intensities without rest periods – e.g. walking/jogging/sprinting Training should also be completed over different terrain	Games Players e.g. football, rugby, netball, basketball, hockey	Combines muscular endurance, speed and cardiovascular fitness Can be done almost anywhere and little equipment required Suited to games such as rugby and netball	May not be suitable terrain nearby Individual must be highly motivated Outdoor training can be weather dependent
Interval Training	Repeated intervals of high intensity work, followed by rest periods Can be used for swimming as well as running	Sprinters (short distance intervals) Middle distance runners (longer intervals)	Great for anaerobic fitness Can be adapted for middle distance runners as well as sprinters	Intense nature could cause injury Could be classed as repetitive or boring

Training Method	What is it?	Who should take part in this type of training?	What are the advantages of this type of training?	What are the disadvantages to this type of training?
Circuit Training	Involves working on a number of exercises arranged as stations. The stations can work on different muscle groups and are usually followed by rest periods. The circuit could be repeated several times.	Rugby Players Hockey Players	Mainly works on muscular endurance and often cardiovascular fitness. Includes both aerobic and anaerobic work Can adapt in order to create a skills circuit	High intensity work is important but this can result in fatigue meaning that the stations completed at the end of the circuit suffer
Plyometrics	High intensity training which works on explosiveness. Activities often include jumping and bounding.	High Jumper Long Jumper Basketball Volleyball	Improves power and explosiveness. Does not need expensive equipment	High intensity work can result in injury – especially for a beginner A lot of rest and recovery are required between sessions
Weight Training	Working against progressive resistance. Completing a number of sets and reps as part of a session.	Weight Lifters Rowers	Can improve muscular strength, muscular endurance or power. Lots of exercises to choose from so shouldn't become boring. Easy to overload for improvement	Facilities and gym equipment required A partner is required to 'spot' Knowledge of safety and technique required

What sport do you take part in?

e.g. Netball

Which training methods are ideal for you? Why?

Circuit training will boost the muscular endurance in different muscle areas in both the arms and legs. A skills specific circuit for netball could also be developed.

Fartlek training – Netball requires working at differing intensities (jogging, walking, sprinting) and fartlek training can help the body get used to this constant change in intensity.

Below each of the following pictures, write out two training methods that would benefit this person:



Plyometrics

Interval Training



Continuous Training

Interval Training (Sprint Finish)



Interval Training

Weight Training



Interval training (sprint)

Continuous training (long distance)



Fartlek Training

Circuit Training



Interval Training

Circuit Training

Fitness Classes:

After taking part in the following activities, use the table below (along with the **key terms** section at the back of this booklet) to describe the following fitness classes:

Fitness Class	What is it?	Who should take part in this fitness class?	What are the advantages of this fitness class?	What are the disadvantages to this fitness class?
Aerobics	Aerobic exercise to music – completing a variety of exercises	Football players	Develops good cardiovascular fitness More enjoyable and sociable than continuous training	Seen as outdated by some people and has fallen behind other classes such as Zumba
Body Pump	Exercises to music using low weights and covering many different exercises	Rugby Players	Works on cardiovascular fitness and muscular endurance Tones the body	Difficult to select the correct weights to use as a beginner – can easily go for too heavy and fatigue easily
Pilates	Core stability exercises working on a range of movements to improve mobility, core strength and stress reduction	Gymnasts/Divers	Develops muscular endurance, strength and flexibility Only a small chance of injury or fatigue	Some people find it slow and boring Can be difficult for beginners with poor flexibility

Fitness Class	What is it?	Who should take part in this fitness class?	What are the advantages of this fitness class?	What are the disadvantages to this type of fitness class?
Yoga	Exercises that focus on posture and poses to improve flexibility and relaxation/meditation	Gymnasts	Improves flexibility Works on both the body and the mind	Has a stereotype of being for females – which can put men off. This is being overcome by 'Broga' Can be difficult for beginners with poor flexibility
Spinning	Aerobic and anaerobic cycling to music on a stationary bike	Cyclists	Mainly aerobic fitness Improves cardiovascular fitness and muscular endurance (in the legs) Highly motivating with a group of people, music and an instructor	The intense sessions can put off beginners who find it difficult to cope Expensive equipment required



State one advantage and one disadvantage of continuous training (2 marks).

e.g.

Advantage – Improves cardiovascular fitness

Disadvantage – Does not work on anaerobic fitness

State one advantage and one disadvantage of weight training (2 marks)

e.g.

Advantage – Improves muscular strength/muscular endurance

Disadvantage – Expensive equipment/facilities required

Explain how you could use **one** station within circuit training in order to improve your performance in hockey. (2 marks)

Mark One - Press ups can be used during Circuit Training in order to improve muscular endurance.

Mark Two -This will improve hockey performance as the upper body muscles need to work tirelessly to make shots and passes throughout a match.

Accept other appropriate answers

Identify an appropriate fitness class that would help a rugby player improve their fitness. Justify your choice of fitness class. (3 marks)

Mark One – Yoga could help a rugby player improve their fitness

Mark Two – Yoga increase the component of fitness flexibility and would help a player move more freely

Mark Three – This would help players get into a lower body position when scrummaging or rucking, therefore improving their performance.

Accept other appropriate answers

Evaluate whether a boxer should use a combination of circuit training and weight training to improve their performance? (9 marks)

A01 – Circuit training involves athletes moving through different stations, performing different activities interspersed with periods of rest.

A02 – A boxer requires good muscular endurance in both their upper and lower body in order to fight for long periods of time without getting fatigued.



A03 – Circuit training is a good method of training for a boxer as it allows them to adapt their training to their sport (using specificity). For example they could use push ups to improve tricep endurance and squats to improve their quadriceps. They could also some cardiovascular work as this also a vital component of fitness in boxing.

A01 – Weight training involves working against progressive resistance.

A02 – Weight training would be a useful method of training for a boxer as they could work on muscular strength in their arms by doing a small amount of reps with a heavy weight.

A03 – This would then help them generate the strength needed for a knockout punch in order to win a fight.

A01 – A combination of the two training methods could be seen as appropriate as a boxer requires different forms of training in order to generate many different components of fitness

A02 – Circuit and weight training could even be combined within a session, meaning that weights are lifted at some of the stations. For example a bicep curl or squats station.

A03 – The boxer may also use other training methods such as interval training alongside these two methods. However the boxer must be careful combining too many different types of training in their programme as they could easily become fatigued which could lead to demotivation and injury, therefore decreasing performance.

Pupils should also use an introduction and a conclusion

Accept other appropriate A01/A02/A03 points

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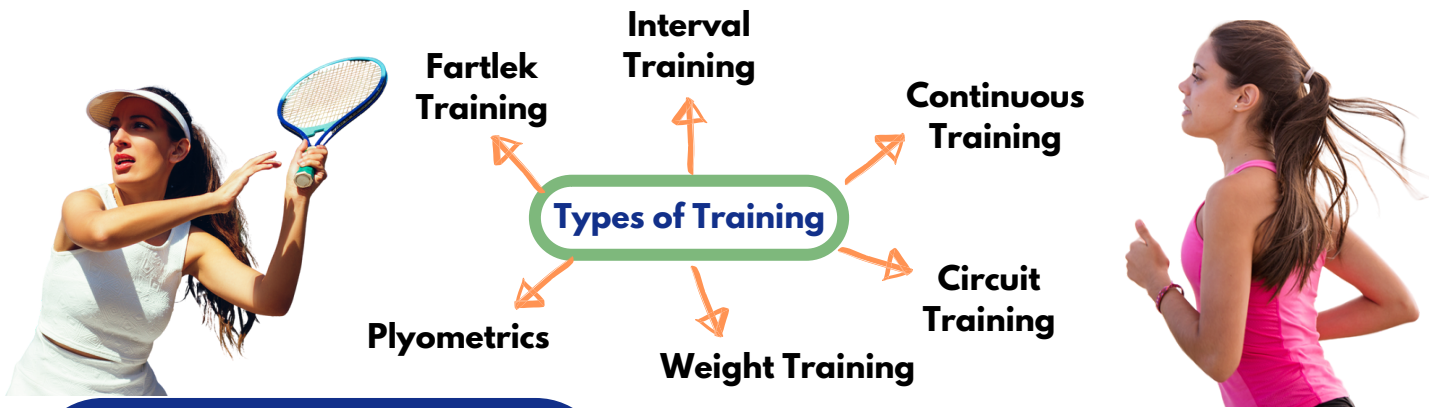
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Fartlek Training

- Working at different intensities without rest periods – e.g. walking/jogging/sprinting
- Training should also be completed over different terrain
- Can be used for rugby and hockey

Continuous Training

- Steady training within your aerobic training zone
- No rest periods given
- Can include running, swimming and cycling



PE COMPONENT 1 - TRAINING METHODS



Weight Training

- Working against progressive resistance
- This will involve completing a number of sets and reps as part of a training session
- Improves strength and muscular endurance so used in number of sports



Interval Training

- Repeated intervals of high intensity work, followed by rest periods
- Interval Training can be used for swimming and cycling as well as running

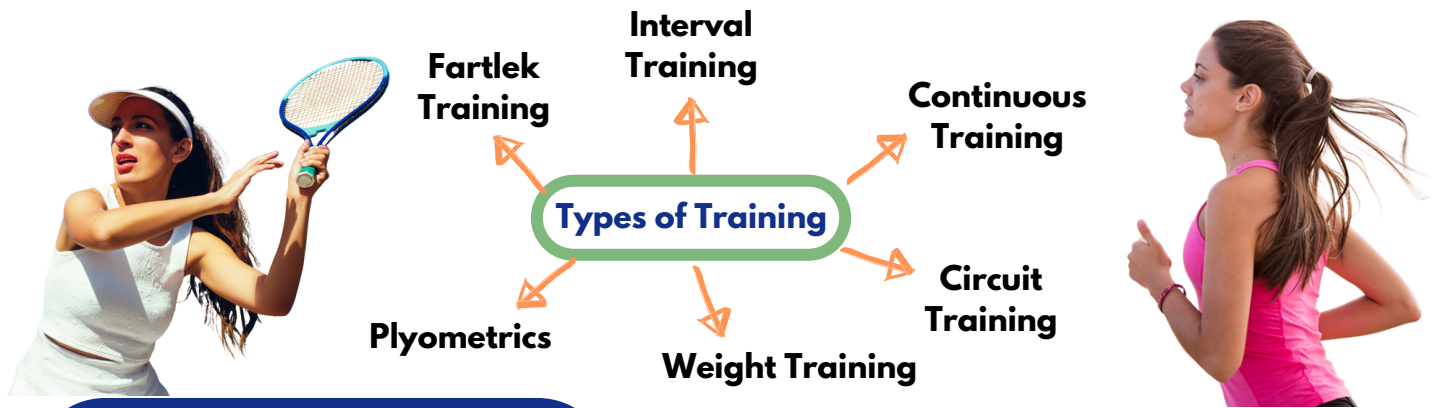
Plyometrics

- High intensity training which works on explosiveness
- Activities often include jumping and bounding



Circuit Training

- Involves working on a number of exercises arranged as stations
- The stations can work on different muscle groups and are usually followed by rest periods
- Used for tennis and rugby



- Working at different intensities without rest periods – e.g. walking/jogging/sprinting
- Training should also be completed over different _____
- Can be used for rugby and hockey

- Steady training within your _____ training zone
- No _____ periods given
- Can include running, swimming and cycling



PE COMPONENT 1 - TRAINING METHODS



- Working against progressive _____
- This will involve completing a number of sets and reps as part of a training session
- Improves strength and muscular endurance so used in a number of sports



- Repeated intervals of high _____ work, followed by _____ periods
- Can be used for swimming and cycling as well as running



- High intensity training which works on explosiveness
- Activities often include jumping and _____



- Involves working on a number of exercises arranged as _____
- The stations can work on different muscle groups and are usually followed by _____ periods
- Used for tennis and rugby