

# Knowledge Organiser

## UNIT 3 TRAINING FOR PERSONAL FITNESS

### PERSONAL INFORMATION

- **Personal Goals** - SMARTER Goals - Specific, Measurable, Achievable, Realistic, Time related, exciting and recorded.
- **Aims** - What does the individual want to achieve in their sport?
- **Objectives** - How they intend to meet their aims using methods of training or components of fitness.
- **Lifestyle** - does the person smoke or drink? How much physical activity do they currently do?
- **Medical History Questionnaire**- Does the individual have conditions that need to be considered during training?
- **Attitudes** - What is the mindset of the individual and what is driving them to make improvements.

### PROGRAMME DESIGN

- **Use of personal information** - Can this information aid the design of the programme, likes and dislikes etc.
- **Training methods** - should be specific to the individuals sport, with the aim of making improvements.
- **Safety** - Appropriate training that suits the load and needs.
- **Principles of Training** - Taken into consideration.
- **Warm Up** - Appropriate pulse raiser and stretches.
- **Appropriate Activities** - Do activities meet targets?
- **Cool Down** To prevent reversibility and recovery.
- **Creativity** - Prevent boredom and maintain interests.
- **Intensity** - Including activities that are going to push your individuals HR so improvements can be made.

### SAFETY

- Using appropriate training methods
- Performing to best of ability
- Asking for permission for missed sessions
- Understanding the importance of commitment

### TRAINING DIARY

- Date, time and location
- Aims and objectives for each session
- Session Duration
- Type of training undertaken
- Programme Details - FITT
- Log of personal performance or achievements
- Equipment required
- How progressive overload has been achieved
- Details of HR intensity and BORG throughout

### MEASURES FOR SUCCESS

- Intrinsic and extrinsic motivation
- Benefits of motivation and self confidence
- Motivation for training, include personal feelings, before, during and after sessions.
- Details of adaptation in programme design
- Variation of training methods.
- Achievements against personal aims. How have you improved?

### REVIEW

- **Review including short term physiological effects** and improvements as a result of the programme to meet the activity or sporting goal.
- **Effects after teaching training session**
- Evidence of **modifying the programme** to achieve planned personal goals.
- **Strengths:** areas of the programme where and how personal aims and objectives have been achieved with reference to measures of success. For example, by carrying out my programme so far and developing my aerobic endurance, I have now improved my running distance in the cooper run.
- **Areas for improvement.**
- **Recommendations for improving** future training and performance. For example personal training needs, use of different training methods/activities or strategies, use of psychological training techniques to improve performance.