

Unit 5: Testing and developing components of fitness
Session 4: Training methods and programmes

Learning checklist

Here is a checklist of all of the topics we have covered in this Session. These topics will form part of your assessment for this qualification. You can use this checklist to make sure you are confident with your learning in each of these areas or to identify areas of learning you would like to revisit and improve upon; this will help you to be as prepared as possible for your assessment.

1. Training methods

You will understand different training methods, how they may support different individual goals in a health and fitness programme and how to set up a basic training schedule for the following methods:

- Interval:
 - Maximises cardiovascular benefits
 - Strengthens heart
 - Improves anaerobic fitness

- Circuit:
 - Targets strength building
 - Targets muscular endurance
 - Can be tailored to meet the different components of fitness

- Fartlek:
 - Improves speed
 - Improves endurance

- Continuous:
 - Improves cardiovascular fitness
 - Improves aerobic and anaerobic fitness

- Weight training and body weight:
 - Increases muscle mass and strength
 - Increases muscular endurance
 - Reduces body fat

- Plyometric:
 - Increases speed
 - Increases endurance
 - Increases strength

- Flexibility:
 - Improves range of motion
 - Improves posture
 - Improves muscle co-ordination
 - Reduces risk of injury



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2. Heart rate training zones

You will understand heart rate training zones and how to apply them to support individual goals, through an optimised health and fitness programme:

- Maximum heart rate (MHR) equation:
 - Subtract age from 220
- Aerobic fitness – between 60-80% of MHR
- Anaerobic fitness – between 80-100% of MHR

3. Repetitions and sets

You will understand repetition and sets range and how to apply them to support individual goals, through an optimised health and fitness programme:

- Muscular strength – high weight / low rep
- Muscular endurance – low weight / high rep