



OCR 



SPORT
Level 1/2

OCR 



OCR Cambridge Nationals in **SPORT SCIENCE**

(Level 1/2)

what's it all about?

R042

Applying principles of training

SPORT
Level 1/2





The principles of training



SPORT
Level 1/2





The principles of training

“These principles provide a sound basis for the construction of any kind of training programme.”



“Any programme failing to operate on them is limited in value...”

“The ability to sustain effective training will be greater if the programme is based on these principles.”

<http://www.badminton-information.com/support-files/get-fit-for-badminton-chapter-6.pdf>

SPORT
Level 1/2

The principles of training

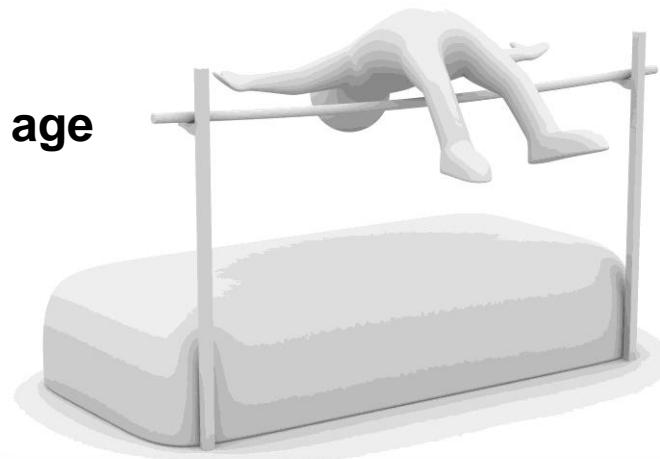
Fitness training programmes need to be **adapted** depending on the:

motivation

experience

fitness levels

age



...and **goals** of the athletes or performers they are coaching.

There is not one method that meets everyone's needs.



The principles of training

Fitness training is there to help athletes and performers develop their:

One training programme may not suit the needs of an individual performer, however, they participate in the same sport.

power

strength



and endurance.

Sometimes individually, sometimes in combination.



SPORT

Level 1/2





The principles of training

When developing a training programme for athletes or performers there are many factors to consider:



What are the athlete's strengths and weaknesses?
How will they perform in their training sessions?

Is the method of training I am using working?
What are the performance needs?



SPORT
Level 1/2



The principles of training

To know where to start when developing a training programme a coach has to know what he is working with

...and meet the needs of their performers. With more variation in methods it knows which be



The principles of training



Reviewing and evaluating a training programme plan needs to be constantly monitored for its development and effectiveness for athletes or performers... but it will also develop the coach and their skills.





What will you learn?

The principles of training including progression, specificity and variance

How to design and evaluate a fitness training programme

The components of fitness such as strength, power and balance, and how different training methods are more effective in different areas

How to select, use and interpret the results from a variety of fitness tests



SPORT
Level 1/2



***Thank you for using
this OCR resource***

Other OCR resources are available
at www.ocr.org.uk

To give us feedback on, or ideas about, the OCR resources you
have used e-mail resourcesfeedback@ocr.org.uk



SPORT
Level 1/2

