# NCFE Health and Fitness Level 1/2 – Methods of Training

Continuous training - Involves a steady but regular pace at a moderate intensity (aerobic) which should last for at least 20 minutes i.e. running, walking, swimming, rowing or cycling. Used by a marathon runner.



#### Advantages

#### Disadvantages

Ideal for beginners

- Highly effective for long distance athletes

Can be extremely boring as repetitive

Fartlek training – Referred to as 'speed play' This is a form interval training but without rest. Involves a variety of changing intensities over different distances and terrains.



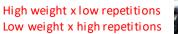
i.e. 1 lap at 50% max, 1 lap walking, 1 lap at 80% (aerobic and anaerobic used) Used by games players - Hockey players

Advantages	Disadvantages
<ul> <li>More enjoyable than interval and continuous training</li> <li>Good for sports which require changes in speed</li> <li>Easily adapted to suit the individuals level of fitness and sport.</li> </ul>	<ul> <li>Performer must be well motivated particularly when intensity is high</li> <li>Difficult to assess whether performer is performing at the correct intensity</li> </ul>

Weight/Resistance training – A form of training that uses progressive resistance

againsta muscle group. Used by cyclists.

Muscular strength: Muscular endurance:





**Advantages** Disadvantages Variety of equipment to prevent boredom Requires expensive equipment Strengthens the whole body or the muscle If exercises are not completed with the groups targeted. correct technique it can cause injury to Can be adapted easily to suit different sports the performer

# Fitness classes

Body pump – Weight based exercise clas	5 S
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Aerobics – Rhythmical dance movements set to music

Pilates/Yoga – Series of movements completed to core musclestrength & posture Spinning – A high intensity workout on a stationery bike.

Interval training - Involves periods of work followed by periods of rest. i.e. Sprint for 20 metre + walk back to start. Used by a **200m sprinter** 

Advantages	Disadvantages	
<ul> <li>Quick and easy to set up.</li> <li>Can mix aerobic and anaerobic exercise which replicates team games.</li> </ul>	<ul> <li>It can be hard to keep going when you start (high motivation and self discipline needed)</li> <li>Over training can occur if sufficient rest is n between sessions (48 hours)</li> </ul>	C C

# Plyometrics training

Involves high-impact exercises that develop **power**. *i.e. bounding/hopping, squat* jumps. Used by long jumpers, 100 m sprinters or basketball players.

## Advantages

- Easy to set up requiring little or no equipment
- Hugely effective in developing power

### Disadvantages

• Can result in injury if not fully warmed up.

 Can place a great stress on joints and muscles.

Circuit training - A series of exercises completed one after another. Each exercise is called a station. Each station should work a different area of the body to avoid fatigue. i.e. press ups, sit ups, squats, shuttle runs.



Advantages	Disadvantages
<ul> <li>Quick and easy to set up</li> <li>Easy to complete with large groups</li> <li>Can be adjusted to be made specific for certain sports. <i>i.e. netball specific circuit</i></li> </ul>	<ul> <li>Technique can be affected by fatigue and can increase risk of injury</li> <li>Must have motivation and drive to complete the set amount of repetitions and sets.</li> </ul>

Advantages	Disadvantages
<ul> <li>Variety avoids boredom</li> <li>Instructor will challenge &amp; motivate</li> <li>Great way to meet new people</li> </ul>	<ul> <li>Gym membership can be expensive.</li> <li>Group classes are not tailored to individual needs.</li> </ul>







GCSE Physical Education – Methods of Training		
Term	Definition/notes/concept	
Keywords:		

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