Principles of Training Exam Questions

 **Gold**

**Q1.**    Explain how an athlete could use the principles of training to improve their performance in an 800m freestyle swimming event.

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**(Total 8 marks)**

Principles of Training Exam Questions

**Silver**

**Q1.**    Explain how an athlete could use the principles of training to improve their performance in an 800m freestyle swimming event. The 800m freestyle is an endurance event. Think about what type of training should be used and what changes can be made to training sessions in order to improve their fitness.

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**(Total 8 marks)**

**M1.**

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|  | **Level 3** | **5 – 6 marks Detailed and accurate** Detailed explanation of the principles of training applied accurately to the improvement of performance over the training programme.  At least two principles of training are explained in detail and accurately applied to improving performance.  **NB** Two principles fully explained without both demonstrating accurate application (maximum 5 marks).  Candidates spell, punctuate and use rules of grammar accurately and use a wide range of specialist terms precisely. |
|  | **Level 2** | **3 – 4 marks Sound and generally accurate** Sound explanation of the principles of training with generally accurate application to the improvement of performance over the training programme.  Sound explanation of at least two principles of training with generally accurate application to improving performance over the training programme.  **NB** Only one principle fully explained and accurately applied (maximum 3 marks).  Candidates spell, punctuate and use rules of grammar with reasonable accuracy and use a range of specialist terms appropriately. |
|  | **Level 1** | **1 – 2 marks Basic** Basic explanation of the principles of training with basic application to the improvement of performance over the training programme.  **NB** If only one principle with sound explanation and generally accurate application or two principles with basic application (maximum 2 marks).  **If principles of training are explained with no reference to how they can help to improve Jo’s performance (maximum 1 mark).** Candidates spell, punctuate and use rules of grammar with some accuracy. Basic range of specialist terms used. |
|  | **0 marks** | No creditworthy material. |

•        Specificity / type – fitness components relevant to swimming and the distance / muscles used / technique / energy system

•        Progression – intensity of training must gradually increase over the time

•        Overload – body systems must be worked harder than normal.(apply FIT principle)  
        Frequency – number of training sessions per week  
        Intensity – suitable workload, heart rate, percentage, sets and reps  
        Time – duration of training session

•        FIT must be gradually increased to promote overload and progressive adaptation

•        Tedium – variability in programme to prevent boredom.

**NB Do not credit reversibility as this does not improve performance.**

**Example answers**

Level 3 (6 marks)

The athlete needs to apply the principles of training to their training programme in order to improve their performance. Firstly they need to ensure that all their training is specific to swimming. They need to train over the correct distance and work on the muscles and energy systems that would be beneficial to swimming the 800m. If they do this they will be maximizing their efforts and their times for the 800m should be quicker. To gain progression they must apply overload to their training so that they are working their body harder than normal. They need to increase the frequency (more times a week), increase the intensity (make training harder) and also increase the time or duration (train for longer). If they increase one or more of these they should improve over time and their body will gradually adapt and their times in the pool should decrease, giving them a better chance of winning races. As swimming is a continuous form of training, it can become quite boring. The athlete needs to apply the principle of tedium, whereby they will look to vary their programme, both in and out of the water to maintain motivation. If they remain motivated, their training will be more effective and they will continue to improve, therefore swimming faster.

At least two principles of training are explained and accurately applied to improving performance.

Level 2 (4 marks)

The athlete needs to apply specificity to their training if they are to get the most from their programme. They should work specifically on the 800m and look at their technique, especially their tumble turns if they are to get better times in competitions. Progression is a result of overload and takes time to achieve. They need to look to increase how often, how long and how hard they train if they are to improve their performances. By overloading their body on a continual basis, they should steadily improve in their swimming style and record faster times.

Sound explanation of at least two principles of training with generally accurate application to improving performance over the training programme.

Level 1 (1 mark)

The principles of training (SPORT) will help the athlete to improve their performance. They need to make their training specific to swimming and not do lots of activities that are not swimming related. They should gradually progress by working harder in training. They can do this by applying the FITT principle.

Accurate application. The other principles make no reference to improving performance.

SPORT is identified but no reference to how it can improve performance.