

Learning Aim D

Investigate fitness programming to improve fitness and sports performance

Personal Information to Aid Training Fitness Programme Design

- Aims – details of what they would like to achieve for the selected sport.
- Objectives – how they intend to meet their aims using an appropriate component of fitness and method of training.
- Lifestyle and physical activity history.
- Attitudes, the mind and personal motivation for training.

Use Personal Information to Aid Training Programme Design.

- Selection of appropriate training method/activity for improving/maintaining the selected components of physical and/or skill-related fitness.
- Application of the FITT principles and additional principles of training.

Motivational Techniques for Fitness Programming

- Definition of motivation – the internal mechanisms and external stimuli that arouse and direct behaviour.
- Types of motivation:
 - Intrinsic
 - Extrinsic
- Principles of setting goals to increase and direct motivation.
- Personal goals – specific, measurable, achievable, realistic, time-related, exciting, recorded (SMARTER):
 - Short-term goals (set over a short period of time, between one day and one month)
 - Long-term goals (what they want to achieve in the long term, and the best way of doing this).
- Influence of goal setting on motivation:
 - Provide direction for behaviour
 - Maintain focus on the task in hand.
- Benefits of motivation on the sports performer:
 - Increase participation
 - Maintain training and intensity
 - Increased fitness
 - Improved performance.