

Unit 2 DEF

1. Design a 2 month training programme for a 40 year old sedentary male who is keen to get in shape and lose 2 stone before his second marriage! Please make sure you follow all of the correct principles!
2. You are the strength and conditioning coach for the Lions tour of South Africa. Draw up a training programme for the full backs to follow for a 2 month period before they leave. The focus is on speed and power and making sure the players peak at the right time. Please make sure you follow the correct principles!
3. There are 6 different types of training methods identify each and identify a sport which would benefit from training in such a way.
4. Describe and explain the immediate short term effects of exercise on the body systems during physical activity and performance
5. Describe and explain the long term training effects on the heart 1 circulatory system, breathing, body composition, muscles, rate of recovery and general well being.