

Principles of Training Mark Scheme

Total Marks - 9

1. Describe what is meant by reversibility and give one reason why reversibility may occur. **(2 Marks)**

Mark One – Reversibility is when fitness is gradually lost

Mark Two – Lack of training/illness/fatigue/post-season/injury

Accept other appropriate answers

2. Outline two factors that have an impact on 'individual needs'. **(2 marks)**

Any two from:

- Increasing body temperature
- Preparing the body for activity
- Increase heart rate
- Increase flexibility of muscles and joints
- Increase pliability of ligaments and tendons
- Increase in blood flow and oxygen to the muscles
- Increase the speed of muscle contraction

3. Jasper is a cyclist. He is going to use the FITT principle to apply overload to his training programme. Explain how Jasper can apply the principles of 'frequency' and 'intensity'. **(2 marks)**

Mark One – Jasper can apply 'frequency' by increasing the number of cycling sessions that he takes part in each week

Mark Two – Jasper can apply the principle of 'intensity' by cycling at a faster pace during his training sessions

4. Evaluate how a rugby player can implement specificity into their training programme in order to improve performance. **(3 marks)**

Mark One – Specificity is when training is matched to the requirements of an activity/sport

Mark Two – A rugby player can focus their training on improving the component of fitness 'power'. This may involve weight training or plyometrics.

Mark Three – This will improve their performance as they will be more powerful in the skill of tackling/srummaging/sprinting with the ball

Accept other appropriate answers