

# Principles of Training Questions

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

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2. A warm-up is important because it has a number of physical benefits on the body. Outline two physical benefits of warming up. **(2 marks)**

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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)**

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



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