



# Aims and Objectives

**Having aims and objectives can be very beneficial to athletes and sports performers.**

**An aim is something that someone would like to achieve in a selected sport.**

**Examples include a specific score or PB.**



**Objectives are the ways in which someone intends to meet their aims.**

**This could include planning hours of training per week and the training methods used.**



- 1. Explain why aims and objectives are beneficial to a sportsperson?**
- 2. Create a personal aim and corresponding objectives for this course.**

