



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.

