



Learn Sheet for BTEC Sport Component 3 LA.D



A fitness programme is an organised plan to help improve fitness.

A fitness programme should have:

- Aims: what the performer wants to achieve
- Objectives: what the performer is going to do to achieve their aims

To plan a fitness programme, you will need:

- Personal information (to make it suitable for the performer)
- To check health conditions and injuries and current fitness and activity levels, for example with a PAR-Q.
- Information on lifestyle, for example if they have a sedentary job, or smoke.

The performer needs to have a positive attitude towards success. To increase motivation:

- Make the training enjoyable.
- Make sure the performer feels progress is being made.
- Make sure the programme is not too easy, or too hard

Worry about an injury or health problem may affect motivation.
Low motivation may cause the performer to quit.

Designing a fitness training programme in 4 steps:

1. Collect personal information including aims
2. Carry out appropriate fitness tests to get a baseline fitness level.
3. Identify components of fitness that need improving or maintaining.
4. Select appropriate training methods and apply principles of training.

Motivation:

The internal mechanisms and external stimuli that arouse and direct behaviour OR

Factors inside and outside your body that make you want to do something! And do it well!

Intrinsic motivation comes from internal factors – the enjoyment and good feeling you get from taking part in a sport e.g. pride, teamwork, challenge, self-esteem.

Extrinsic motivation comes through rewards from other people/things. This can be tangible (you can touch it) e.g. trophies or prize money, or intangible (you can't touch it) e.g. praise from a coach or applause.

Most people are motivated by a combination of both. Intrinsic is usually the most effective (you are more likely to train if you enjoy it) but rewards and praise can make you feel good about yourself so can also work.

If you are motivated to follow your training programme you will:

- Work hard and therefore make progress
- Improve your fitness through exercising regularly
- Improve your skill and therefore performance

Goal Setting can improve motivation by:

- Giving you something to work towards
- Helping you maintain focus and monitor progress
- Boosting your confidence

Short-term goals can be steps on the way to long-term goals.

Goal Setting should be **SMARTER**

Specific – exactly what you want to achieve.

Measurable – so you know if you have made progress and how much.

Achievable – not too easy, not too hard, to keep you motivated.

Realistic – do you have everything you need - the right fitness, skill, time, money, facilities etc.

Time-related – you need a deadline to work towards to keep you motivated.

Exciting – you need to enjoy it and want to achieve it.

Recorded – so that you can see your progress.