

Design your own training program

You are an athlete who has recently noticed a decline in performance in your chosen sport. Your coach wants to run another battery of fitness tests to determine your strengths and weaknesses. Once these areas have been identified you will need to complete and participate in a 6-week training program to demonstrate improvement.

In this task, you are asked to:

1. Complete a battery of fitness tests. This must include both health and skill related fitness components.
 - Define the fitness components being tested
 - Provide examples of your sport where you require these components
 - Provide a 'norm' rating of the fitness test results
 - Explain how your performance could benefit from improving on your fitness components
2. Outline a training program for your chosen sport focusing on improving your areas of weakness whilst maintaining your areas of strength. Your program must:
 - Consist of at least 3 sessions a week and include 2 different activities per session
 - Activities must be appropriate and safe
 - Include a variety of training methods (at least 3) and adhere to the SIDOF principles of training
 - Include an outline of each activity, how many sets, how many reps and the main muscle groups being used
 - Ensure you have REST days
 - Complete a training dairy for each session
 - Capture photos of videos of you training
3. At the end of your 6 weeks you will complete your fitness tests again and comment on your results.

4. Present your task as a multimedia presentation and be creative!

