3.4 Training Methods and Their Suitability: 10-minute Pack

Total Marks

AQA 8582 · Calculator allowed · about 10 minutes

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Name the training method made up of explosive exercises such as bounding, hopping and jumping, most effective for improving power.

(Total for Question 1 is 1 mark)

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2 A high jumper wants to improve the explosive power in their take-off leg. Which training method is BEST suited to this specific goal?

- ☐ A) Continuous training
- ☐ B) Static stretching
- ☐ C) Plyometric training
- ☐ D) High-load, low-repetition weight training

(Total for Question 2 is 1 mark)

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3 Static flexibility training can be performed actively or passively. State what is meant by each of the following.

(a) Active stretching. **(1)**

(b) Passive stretching. **(1)**

(Total for Question 3 is 2 marks)

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4 State whether a LOW percentage of 1RM (e.g. 40 to 60 per cent) combined with a HIGH number of repetitions is more likely to develop maximal strength or muscular endurance.

(Total for Question 4 is 1 mark)

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5 Explain why it would be inappropriate to base a novice, previously untrained beginner's programme mainly around plyometric training, referring to injury risk.

(Total for Question 5 is 3 marks)

6 Explain why continuous training is a more suitable primary training method for a triathlete's open-water swim leg than for a 100 m freestyle sprinter.

(Total for Question 6 is 2 marks)

7 State one similarity and one difference between circuit training and interval training as methods of developing fitness.

(Total for Question 7 is 2 marks)

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Mark scheme · 3.4 Training Methods and Their Suitability: 10-minute Pack

Question 1

plyometric training **B1**

Answer: Plyometric training.

Question 2

C **B1**

Answer: C

Question 3

(a) the performer moves into and holds the stretch position using only the strength of their own opposing muscles, without help, oe **B1**

(a) Answer: The performer moves into and holds the stretch position using only the strength of their own opposing muscles, with no help.

(b) the performer is moved into and held in the stretch position with the help of a partner, a wall or another piece of equipment, oe **B1**

(b) Answer: The performer is moved into and held in the stretch position with the help of a partner, a wall or another piece of equipment.

Question 4

muscular endurance **B1**

Answer: Muscular endurance.

Question 5

plyometric exercises place high impact/stress forces on the joints, tendons and muscles, oe **B1**

a beginner with no existing strength/conditioning base has tissues that are not yet prepared to safely absorb these forces, oe **B1**

so plyometrics should be introduced gradually once a basic strength base has been built, rather than being used as a beginner's main training method, in line with the principle of progressive overload, oe **B1**

Answer: Plyometric exercises place high impact and stress forces on the joints, tendons and muscles; a beginner with no existing strength or conditioning base has tissues that are not yet prepared to safely absorb these forces, so plyometrics should be introduced gradually once a basic strength base has been built, rather than being used as a beginner's main method, in line with progressive overload.

Question 6

the triathlon swim leg is a long, sub-maximal, steady-pace effort, which matches the demand continuous training places on the aerobic system, oe **B1**

a 100 m sprint is a short, near-maximal effort relying mainly on the anaerobic system and speed, which continuous training does not specifically develop, oe **B1**

Answer: The triathlon swim leg is a long, sub-maximal, steady-pace effort, matching what continuous training trains, whereas a 100 m sprint is short and near-maximal, relying on the anaerobic system and speed, which continuous training does not specifically develop.

Question 7

similarity: both alternate periods of higher-intensity work with periods of rest or lower-intensity recovery, oe **B1**

difference: circuit training moves between different stations/exercises, each usually targeting a different muscle group or fitness component, whereas interval training usually repeats the same exercise (e.g. running) for each work period, oe **B1**

Answer: Similarity: both alternate periods of higher-intensity work with rest or recovery. Difference: circuit training moves between different stations targeting different muscle groups or components, whereas interval training usually repeats the same exercise for each work period.

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