

ACTIVITY 5-2

PRINCIPLES OF TRAINING

NAME _____ DATE _____ CLASS _____

PURPOSE: To gain a better understanding of the training principles concepts.

PROCEDURE: Read Chapter 5 before completing this worksheet.

PART I: PRINCIPLE OF OVERLOAD

A. Define the principle of overload. _____

B. Wanda has not had instruction on how to apply the principle of overload properly. For each statement listed below, check whether she should maintain, increase, or decrease overload.

	Maintain Overload	Increase Overload	Decrease Overload
1. She jogs seven days a week.	_____	_____	_____
2. She was sick for two weeks and unable to exercise.	_____	_____	_____
3. She experienced discomfort in her arms after adding ten pounds to the barbell because her friend lifts this much.	_____	_____	_____
4. Her stomach is still protruding after two sit-ups are performed one time per week.	_____	_____	_____
5. Her leg muscles are tight the day after exercising. Pre-activity warm-ups consists of two stretching exercises totaling 30 seconds.	_____	_____	_____
6. She has been jogging for some time and is able to complete her 2-mile jog in 15 minutes with ease.	_____	_____	_____
7. Her goal is to do three sets of 4 to 8 repetitions of half squats to increase leg strength. Presently, she is able to do only 5 repetitions for each set.	_____	_____	_____

PART II: PRINCIPLE OF PROGRESSION

- A. Define the principle of progression. _____
- B. Is there evidence that Wanda properly evaluated any physical fitness component before progressing?
- C. Which item in Part I indicates Wanda did not keep in mind that physical fitness is a personal matter?
- D. Which item in Part I indicates the frequency of the exercise needs to be increased?
- E. Which item in Part I indicates the intensity of the exercise has been increased?
- F. Which item(s) in Part I indicate(s) that the amount of time in which the exercise is done needs to be increased?
- G. Which item in Part I illustrates progression in which injury may result?

PART III: PRINCIPLE OF SPECIFICITY

- A. Define the principle of specificity: _____
- B. Indicate which health-related component of physical fitness is increased and which body system is specifically exercised for items 4 through 7 in Part I.

Fitness Component	Body System	Exercise
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|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |