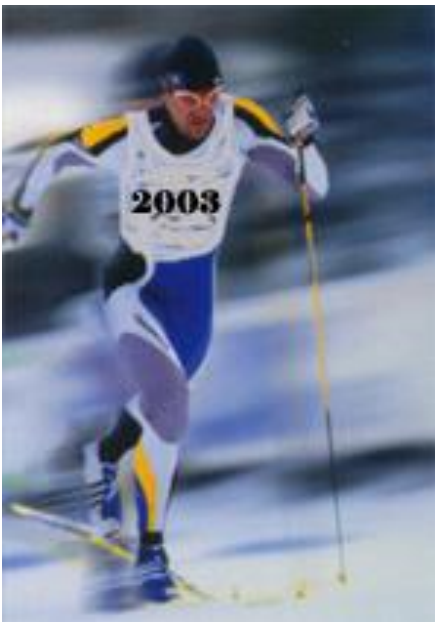




Athletic Development Foundations for Training

TRAINING PRINCIPLES

BASIC TRAINING PRINCIPLES



Class Notes:

What is physical fitness?

The Five major components of fitness

- _____
- _____
- _____
- _____
- _____



Muscular Strength is the capacity to _____ force against a _____.

Resistance training _____ are the most efficient way to gain rapid _____.

Muscular Endurance is the body's ability to _____, or sustain _____.

Flexibility is the _____ (ROM) possible in a given _____ or series of _____.

Cardiovascular Endurance is the ability of the _____ and _____ systems to carry _____ to the working muscles and _____ away.

The recommendations by physicians and health specialists alike, is to do _____ sessions of _____ minutes of continuous exercise a week, at a heart rate _____ that corresponds to your _____.

Body composition is maintaining a healthy body _____, by balancing _____ requirements necessary for _____ expenditure with a _____ diet.

List the **benefits of weight/resistance training** below:

- _____
- _____

Benefits of weight training continued

- _____
- _____
- _____

List at least **six benefits of aerobic training** below:

- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____
- ❖ _____

We know that exercise has a preventative effect on a wide range of pathologies. List the pathologies below which exercise can be used as a preventative measure:

Cardiovascular disease is the number _____ killer in North America for both men and women.

Number and Percent of Deaths due to Cardiovascular Diseases, Males, Canada, 1997

AGE	All Deaths	ALL CVD ¹		IHD ²		AMI ³		STROKE ⁴	
		(#)	(%)	(#)	(%)	(#)	(%)	(#)	(%)
<=34	6896	255	3.7	68	1.0	38	0.6	45	0.7
35-44	4797	772	16.1	469	9.8	273	5.7	108	2.3
45-54	7426	2007	27.0	1447	19.5	828	11.2	208	2.8
55-64	13792	4664	33.8	3317	24.1	1993	14.5	465	3.4
65-74	27964	10412	37.2	6696	23.9	3673	13.1	1515	5.4
75-84	32487	13835	42.6	8127	25.0	4113	12.7	2530	7.8
85+	18034	8140	45.1	4209	23.3	1739	9.6	1715	9.5
All Ages	111396	40085	36.0	24333	21.8	12657	11.4	6586	5.9

1. All CVD = All Cardiovascular diseases (ICD code 9th revision 390-459)
2. IHD = Ischemic heart disease (ICD-9 410-414)
3. AMI = Acute myocardial infarction (heart attack); (ICD-9 410), AMI is a sub-category of IHD
4. Stroke = (ICD-9 430-438)

(#) Number
 (%) Percent of All Deaths

SOURCE: Laboratory Centre for Disease Control; Statistics Canada, 1997

Complete the table below:



Basic Training Principles

Training Principle	Explanation of the principle
<i>Overload Principle</i>	
<i>Adaptation Principle</i>	
<i>Specificity Principle (SAID)</i>	
<i>Stress – Rest Principle</i>	
<i>Contraction - Control Principle</i>	
<i>Symmetry Principle</i>	
<i>Ceiling Principle</i>	
<i>Maintenance Principle</i>	
<i>Principle of Reversibility</i>	

