

Types of Training and Training Methods

- This activity will be completed in your learning teams.
- Your team has 1hr to finish the task and will present during the second lesson. Use pages 95-101 of textbook found at: workgroup/Year12/PDHPE/textbooks 2010
- You will be using www.prezi.com to produce your presentation. One member of your learning team starts the presentation and then clicks on "Meeting", then "invite to edit". This will allow all team members to work collaboratively.
- Each group must answer the following questions on their given topic and present them to the class.
- A fact sheet must be created and emailed to your teacher by 9am tomorrow:
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Questions

1. Describe the type of training and the method it uses
2. Describe what sports your Training Method is suited to and why
3. How the training method affects performance

Group 1 + 5 Aerobic training, e.g continuous, Fartlek, Aerobic interval and circuit

Group 2 Anaerobic, e.g anaerobic interval

Group 3 + 6 Flexibility, e.g static, ballistic, PNF, Dynamic

Group 4 Strength Training, e.g. free/fixed weights, elastic and hydraulic