

BENEFITS OF WARM-UP:

(Identify the body changes and explain what happens)



Blood



COMPONENTS OF A WARM-UP:

(There are 5 components you need to identify & give examples)

- 1.
- 2.
- 3.
- 4.
- 5.

PRINCIPLES OF TRAINING:

Define each and give example;

- Specificity:
- Overload:
- Progression:
- Reversibility:

BENEFITS OF COOL-DOWN:

(Identify the body changes and explain what happens)



Blood

1.2.b. APPLYING THE PRINCIPLES OF TRAINING

OPTIMISING TRAINING:

- **Methods of Training** (you need to identify & 3 explain 7):

- **FITT** (define each):

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- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.