

Andrew is a footballER who plays for his school Football TEAM. He is recently coming back from injury and his coach refuses to play him for the full 90 minutes as he says Andrew is not match fit.

Which part of the FITT principle should Andrew work on (circle one)

If your justification was good enough, it didn't matter what you put!!!

Frequency – Andrew should increase how often he trains in order to build up his fitness levels. He needs to make sure he can last for a full 90 minutes so must train regularly.

- Intensity – Andrew needs to be able to handle ‘match intensity’ which means he needs to be able to play Football at a fast pace to keep up with the opposition. His training should reflect this
- Time – Andrew should make his training sessions last for 90 minutes so he gets used to exercising for the length of a Football match. By doing this his fitness will increase and he will become more ‘match fit’

Passive stretching

- There are 2 main types of static stretching. Active and passive. Active stretching is the name given to stretches where the performer applies the force that lengthens and stretches the muscle. **Passive stretches, which are also referred to as assisted stretches involve a partner, wall or other object assisting the performer with the stretch**

Ballistic Stretching

- Ballistic stretching uses the momentum of moving limbs to force muscles beyond their normal range of motion. The fast jerky movements should be performed on warm muscles not cold to reduce the risk of injury. Martial artist will often perform ballistic stretching because of the explosive nature of the sport.

PNF

- With PNF stretching the performer has help from a partner to push the limb to stretch the joint further than the performer can stretch it on their own. The muscle is held in an isometric contraction where the length of the muscle doesn't change during the contraction for 6-10 seconds. The muscle is then relaxed before the partner stretches again. They are often used in rehab programmes.

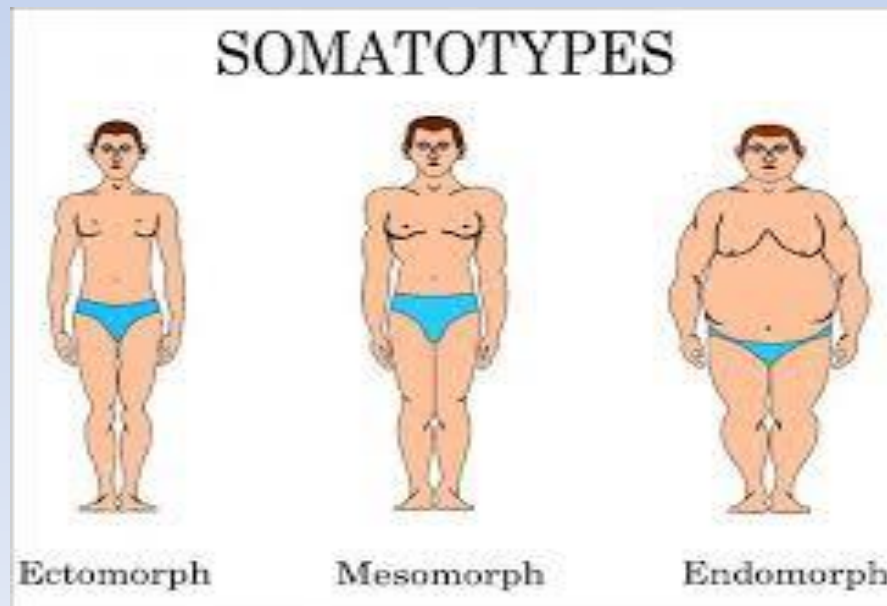
Body Composition

- Your build
- Ratio of fat to muscle

Ectomorph

Mesomorph

Endomorph



Q16

- **MOTIVATION**