

**PEP – Personal Exercise Programme**

**Task: Design a 6 week fitness plan that will improve your fitness for your best sport!**

**Complete each section missing nothing out.**

Section	Considerations	Checked	Completed (staff)									
1	<b>Title Page:</b> You must include your name, Personal Exercise Programme, a picture of your sport (with you in would be perfect).											
2	<b>Introduction:</b> A short introduction about yourself, what you do, the sport you play and the level you participate at. (Sell yourself to the examiner)											
	Explain why you are doing the programme and the physical benefits they want to get from it.											
3	<p><b>Explain 2 fitness components you want to improve to help with your sport:</b>  **You must choose 2 different components of fitness**</p> <p>1)                                  2)</p> <p>Explain what you want to improve and why you want to improve these aspects of fitness; applying your knowledge of the fitness components to the sport.</p>											
	<p><b>Select the two relevant fitness tests for each of your fitness components and explain the test and why it is being used.</b></p> <p><b>Test 1)                                  Test 2)</b></p> <p>Draw a table with the test score for each test prior to the PEP taking place and leave a column for post test score empty.</p> <table border="1" data-bbox="308 1411 1107 1525"> <thead> <tr> <th></th> <th>Pre</th> <th>Post</th> </tr> </thead> <tbody> <tr> <td>Illinois</td> <td>18s</td> <td></td> </tr> <tr> <td>Cooper</td> <td>2800m</td> <td></td> </tr> </tbody> </table>		Pre	Post	Illinois	18s		Cooper	2800m			
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Cooper	2800m											
<p><b>You need to set 2 'SMART' goals:</b></p> <p>Selected to improve your performance and say why and how they will do this. Explain how the goals are SMART.</p>												
	<p><b>Explain the 2 Methods of training that can be used to improve your fitness components and meet your smart goals:</b></p> <p>They must be relevant to the fitness you are doing... e.g. continuous for cooper and CV or circuits for Musc strength and endurance.</p> <p>1)                                  2)</p>											

	<p><b>Explain the principles of training ('SPORTIR') ('FITT') that will be used:</b> Specificity (what you need for the sport), Progressive Overload, Rest, Recovery, Reversibility, Individual needs (what you need for you)</p> <p>How will you use these principles in your 6 week plan.</p>											
4	<p><b>The 6 week Programme:</b></p> <p>Write a detailed 3 phase warm up. You can include diagrams if it makes it easier for you. Link the physical and mental benefits of warming up. This will be the warm up for every session.</p> <p>Explain what you will do to cool down and say why you need to cool down.</p>											
	<p><b>Write up your 6 week plan on a week by week basis.</b></p> <p>Including the type of training/duration/distance or intensity. Explaining what you did and how it went. Have you included REST? Include activities that you already do e.g. netball training/matches.</p>											
	<p>Re-test on the same fitness tests and protocols at the end of the 6-week programme that you did at the start and record in another table.</p> <table border="1"> <thead> <tr> <th></th> <th>Pre</th> <th>Post</th> </tr> </thead> <tbody> <tr> <td>Illinois</td> <td>18s</td> <td>17.4s</td> </tr> <tr> <td>Cooper</td> <td>2800m</td> <td>2950</td> </tr> </tbody> </table>		Pre	Post	Illinois	18s	17.4s	Cooper	2800m	2950		
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5	<p><b>Evaluation:</b> Evaluate your PEP by answering the following questions</p> <p>Evaluate the differences between your pre and post fitness</p> <p>Do you think that your use of the 'principles of training' helped your training programme? Explain why or why not.</p> <p>Did you attain the targets that you set yourself at the beginning of the PEP? Identify the reasons why you did or did not. How did you feel during the sessions?</p> <p>What elements of health and safety did you consider when performing your PEP?</p> <p>How will your improved fitness impact on your performances in your chosen sport?</p> <p>List 2 things that you think could have been improved in your PEP.</p> <p>List 2 things that you think worked well in your PEP and briefly explain why.</p>											

