

**TASK 3: Answer the exam questions below. Use the next section of the powerpoint to mark your answers in green pen. Make sure you add any gaps in green pen.**

As part of a training programme, an individual should apply the principles of training. Which **one** of the following statements relates to the principle of individual needs in training?

- A gradually making the body work harder because you are not as fit as someone else
- B following a standard recovery programme after injury
- C ensuring you have sufficient rest before continuing, even if this means following a different training programme than others in your team
- D tailoring your training to meet the demands of your sport, not anyone else's **(1 mark)**

Explain the principle of individual needs and the value of applying it to your training programme.

.....  
.....  
..... **(3 marks)**

Applying the principles of training can help you to plan a training programme to improve fitness.

Describe how a performer would apply each aspect of the FITT principle to improve their fitness and level of performance when participating in physical activity.

FITT = frequency, intensity, time, type. The performer would apply frequency by .....  
.....  
.....  
..... **(4 marks)**

: State **one** other principle of training that has the same meaning as **type** from the FITT principle.

..... **(1 mark)**