BTEC Unit 1
9 mark question – Methods of Training

Name:

Mark is a long jumper. His coach is planning a training programme to improve Mark's performance.

Before planning the programme, Mark takes part in fitness tests that are relevant to his long jump performance. Mark's tests are shown in the table.

Fitness tests	Result	Rating
35m sprint test	5.10 s	Average
Vertical jump	42 cm	Average
Sit and reach	-5	Below average

Using the test result data, discuss different training methods that Mark could use to improve his long jump performance (9 Marks)

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