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USP42
Principles of health and fitness

Learning Outcome 4

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Learning Outcome 4:

Know the principles of training

Learning Outcome 4: Know the principles of training

At the end of this learning outcome, you will be able to:

a) Identify the principles of training

b) Describe the physiological implications of each training principle

c) Describe signs and symptoms that may indicate overtraining

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The following slides are presented by section, a, b & c

a. Identify the principles of training

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a. Identify the principles of training

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Training means exercising regularly to improve skills and fitness.

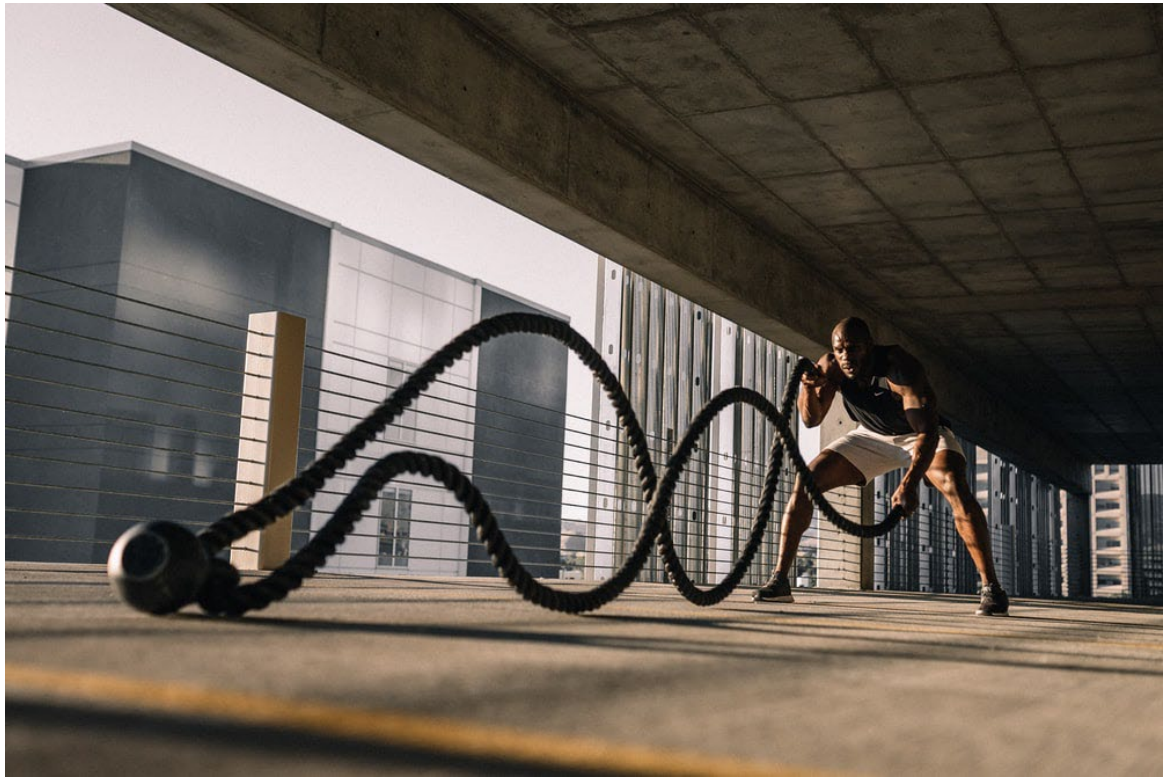
The training that an athlete does must be appropriate for that person and their sport in order to get the most out of their training.



a. Identify the principles of training

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- Specificity
- Progression
- Overload
- Reversibility
- Adaptability
- Individuality
- Recovery
- F.I.T.T. Principle



a. Identify the principles of training (FITT)

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F - Frequency
I - Intensity
T - Time
T - Type

- **Frequency** is increased by training a greater number of times each week.
- **Intensity** is increased by lifting a greater resistance, such as with weight training, or by training at a higher percentage of maximum heart rate (maxHR). This can be done either as continuous or interval training.
- **Time** can be manipulated by training for longer, reducing recovery times or by completing a greater number of sets or repetitions (also known as reps).
- **Type** of training is manipulated by offering a variety of training types and experiences to the athlete by combining training methods.

b. Describe the physiological implications of each training principle

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b. Describe the physiological implications of each training principle

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Physiological implications of:

- Specificity
- Progression
- Overload
- Reversibility
- Adaptability
- Individuality
- Recovery
- F.I.T.T. Principle

c. Describe signs and symptoms that may indicate overtraining

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c. Describe signs and symptoms that may indicate overtraining

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- Lack of training gains
- Loss of enjoyment or enthusiasm to train
- Deterioration in performance
- Burnout – increased DOMS/Fatigue
- More frequent illness – depleted immune system
- Increased injury risk
- Decreased libido
- Decreased appetite
- Mood disturbance – decreased self esteem, increased perception of mental fatigue
- Insomnia
- Compulsive need to exercise



What next?

- **All sections** of learning outcome 4 for unit USP42 will be assessed in through portfolio evidence.

- Refer to your VTCT Level 3 Diploma in Sports Massage Therapy learner record of assessment handbook for direction.

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