



Summer Preparation Work

Welcome to the Faculty of Professional Skills and Performance. We are proud of our reputation for providing high quality education and achieving excellent results. Wilberforce College aims to transform the lives of students from a wide range of backgrounds by providing an education that enables you to become creative and confident contributors to society and as a faculty, we ensure that our students complete their qualifications with the skills and knowledge needed to make a real difference to our community.

In order to be successful on your chosen course, it is essential that you regularly conduct independent research and preparatory work to enhance your understanding of the taught topics. Preparatory work not only reinforces classroom learning but also helps to foster lifelong learning and study habits and provides an opportunity for you to be responsible for your own learning. You are required to complete the preparatory work which is detailed below. The preparatory work is used to assess your level of commitment to this course.

Please be aware that prep work is an important aspect of your induction onto all courses at Wilberforce Sixth Form College. Please have this ready to hand in during enrolment or to your course teacher in the first week of lessons.

Kind regards

Stewart Edwards

Faculty Head for Professional Skills & Performance

Task 1 - Research

Research these different training programmes

https://cdn.ymaws.com/www.ccapta.org/resource/collection/73DDF3DB-6BD7-4D10-BA0A-ED4CA1396EC8/chap06-Adaptations_to_Aerobic_Endurance_Training_Programs.pdf

<https://www.youtube.com/watch?v=kIHOAtdI82g>

<https://www.ncbi.nlm.nih.gov/m/pubmed/3877552/>

https://www.teachpe.com/anatomy/short_term_effects.php

Task 2 - Create

Design a 6 week training programme to develop either aerobic capacity or an energy system of your choice.

Within your 6 week programme you should consider the following;

- The number of times you should train per week
- How long each training session should last
- How intense (difficult) the session should be (use a BORG scale rating)
- The methods of training that you will use (are they the correct ones to improve the components of fitness you need to work on?)

- What equipment/facilities you may need
- How the training will progress to ensure that adaptations occur.

Use the worksheet on the website entitled 'Sport - Training Diary' to design your programme.

Task 3 - Question

Following any training programme at the correct intensity and duration, 3-5 times per week, for at least 12 weeks will cause significant structural adaptations by the cardiovascular, respiratory, musculoskeletal and metabolic systems.

As part of your research task, identify and explain 3 adaptations which could occur to **each** of the body systems after completing your 6 week training programme.

Use the training programme and the adaptation template provided. There are also links above to help with your research.