

Cambridge NATIONALS LEVEL 1/2

SPORT SCIENCE



Unit R042 – Applying principles of training
RESOURCE LINKS

Version 1

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INTRODUCTION

Resources Link is an e-resource, provided by OCR, for teachers of OCR qualifications. It provides descriptions of, and links to, a variety of independent teaching and learning resources that you may find helpful.

In Resources Link you will find details of independent resources, many of which are free: where this is the case this has been indicated.

If you know of other resources you would like to see included here, or discover broken links, please let us know. We would also like to hear from you if have any feedback about your use of these, or other, OCR resources. Please contact us at resources.feedback@ocr.org.uk.

We leave it to you, as a professional educator, to decide if any of these resources are right for you and your students, and how best to use them.

LINKS

The next big fitness trends

This fitness website gives a fun and interesting overview of the next big fitness trends, linking to work on training methods and principles.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2, Unit R042
Applying principles of training

Cost: Free

Format: Website

<http://www.shape.com/fitness/workouts/15-next-big-fitness-trends/>

Fitness components

This website has lots of useful information regarding fitness components including photos and videos of the components in action.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2, Unit R042
Applying principles of training

Cost: Free

Format: Website

<http://www.bringithomepersonaltraining.com/components-of-physical-fitness/>

Components of fitness quiz

This YouTube based quiz shows clips of the different fitness components in action and asks learners to work out what components are being used.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2, Unit R042
Applying principles of training

Cost: Free

Format: Website

<https://www.youtube.com/watch?v=RnyB9CBGC2I>

Fitness testing guide

This website include a comprehensive guide to fitness testing, including preparation, selecting your tests, issues to be aware of and so on.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2, Unit R042
Applying principles of training

Cost: Free

Format: Website

<http://www.topendsports.com/testing/guide-conduct.htm>

Fitness testing

This website lists a range of different fitness tests, along with descriptions of how to carry out the tests, diagrams, results tables and safety issues to be aware of.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2, Unit R042
Applying principles of training

Cost: Free

Format: Website

<http://www.brianmac.co.uk/conditon.htm>

Fitness testing for children

This article refers specifically to fitness testing for children, listing suitable tests and giving results tables.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2, Unit R042
Applying principles of training

Cost: Free

Format: Website

<http://www.topendsports.com/testing/children.htm>

Fitness testing results tables

This website gives results table for a range of different fitness tests.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2, Unit R042
Applying principles of training

Cost: Free

Format: Website

<http://www.ifafitness.com/book/fittest.htm>

Fitness training programme - template

This downloadable template can be used to plan fitness training programmes.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2, Unit R042
Applying principles of training

Cost: Free

Format: Website

<http://www.free-power-point-templates.com/articles/workout-chart-for-excel/>

Principles of training powerpoint

This powerpoint presentation gives an overview of the principles of training, along with some questions and activities to consolidate learners knowledge.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2, Unit R042
Applying principles of training

Cost: Free

Format: Website – Powerpoint presentation

http://www.slideshare.net/klharrison/principles-of-training-and-training-zones-16224739?qid=3ca8e64d-3a11-475b-a4a5-204fbe14c715&v=default&b=&from_search=10

High performance training for sports

This comprehensive book covers all aspects of fitness training.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2, Unit R042
Applying principles of training

Cost: £16 (approx..)

Format: Book

http://www.amazon.co.uk/High-Performance-Training-Sports-David-Joyce/dp/1450444822/ref=sr_1_19?s=books&ie=UTF8&qid=1415272555&sr=1-19&keywords=fitness+training+books

How to build a fitness training programme

This article gives a good overview of the things to consider and include when designing a fitness training programme.

Supports: OCR Cambridge Nationals in Sport Studies Level 1/2, Unit R042
Applying principles of training

Cost: Free

Format: Website

<http://www.nerdfitness.com/blog/2010/02/15/how-to-build-your-own-workout-routine/>



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