

**10 SPORT SCIENCE**

**BIOMECHANICS ASSIGNMENT**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DATE DUE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FORM: \_\_\_\_\_\_\_\_\_\_**

**OBJECTIVE:** Apply understanding of exercise physiology concepts to the design of a sport specific training program**.**

**OUTLINE:**

1. Choose a **SPORT**. Preferably one that you play or have an active interest in (as this training program is for you).

(0 MARKS)

2. From the in class fitness testing we have completed, choose three **FITNESS TESTS** of most relevance to your sport of choice. Explain why you have made this choice. Provide at least one REFERENCE to support your decision.

(3 MARKS)

3. Record your fitness test **RESULTS** and compare to normative data.

(2 MARKS)

4. Considering your fitness test results, outline and explain three SMART **GOALS** you want to achieve with your training program.

(5 MARKS)

*5.* Consider the training GOALS, COMPONENTS of fitness and METHODS of training to design a two week **TRAINING PROGRAM.** Design this training program as if it is a part of your PRE SEASON preparation. Explain your training program by referencing the training PRINCIPLES in the **PROGRAM JUSTIFICATION**.

(10 MARKS)

6. Chose one session from your training program and design a training **SESSION OUTLINE.**

(5 MARKS)







