

Paper 1: Types of training

Static Stretching	Weight Training
What? A range of isometric stretches are performed for 30 seconds and then repeated	What? Weights are lifted in a series of movements which target different muscle groups
Components Flexibility	Components Strength, power and muscular endurance
Advantages <ul style="list-style-type: none">★ Easy to perform★ Requires no equipment	Advantages <ul style="list-style-type: none">★ Easy to track progress
Disadvantages <ul style="list-style-type: none">★ Requires correct technique to avoid injury	Disadvantages <ul style="list-style-type: none">★ Requires specialised equipment★ Requires correct technique to avoid injury
Useful for Appropriate for those who need flexibility, e.g. gymnasts	Useful for Appropriate for those who need strength, e.g. rugby players

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Plyometrics
What? An eccentric contraction is performed and followed by a larger, concentric contraction
Components Power
Advantages ★ Can be performed with little equipment
Disadvantages ★ Requires correct technique to avoid injury
Useful for Appropriate for those who require quick and strong contractions, e.g. sprinters