Question number | | Assessor's use only

1. Planning

Goal Setting SMART

+ve — motivation

— improvement

Planning — keep on track
— use different pots and MOTs

-ve — not reaching goals

— setting to high

— Plans not accounting for change, one size fits all? body as a mach

— healthism.

(P.A.P)

1. A physicall Activity programme is a pre-planned schedule of exercise sessions aiming to make improvements or reach goals. Planning of a physical activity programme ~~most successful often~~ includes considering ~~planning of~~ biophysical factors such as methods of training, principles of training, biomechanics and more, and takes into account socio-cultural factors such as motivation and all aspects of Hauora. Pre and posting testing are important to recognise the success of the p.I.P, and goal setting is very common in helping increase motivation, show improvement and give direction, which I will discuss further.

D

SK

PO

Goal setting is most effective when goals are S.M.A.R.T ie specific, measurable, acheivable, realistic and have a time frame. By ~~m~~ making goals specific and measurable it is clear whether they have been achieved or not and it is more likely the athlete will take them seriously. By making goals acheivable and realistic the athlete ~~would~~ ~~would when motivation is able~~ is more likely to stay motivated than if they feel ~~they~~ have no hope of achieving the goal which could lead them to giving up. For example in our ~~duathalon~~ Year 13 duathalon ~~P.A.P~~ P.A.P I set ~~my~~ my goal ~~too much~~ for the mid-test for ~~too high for~~ higher than what was realistic. Because of this as I got closer to the mid-test I realised I had no change of reaching this goal, and lost motivation to train. However after this I re-assed my final-test goal, and made this much more acheivable leading to ~~me~~ my motivation levels increasing and ~~a~~ pushing me to work hard to achieve my goal. ✱

A time-frame is also very important in adding positive pressure and keeping progress on track.

~~There However if goal setting~~

Question number

* However, if goals set are too easily achievable, motivation levels can also be lowered, as the athlete is likely to not push themselves as hard leading to less improvement.

~~Another beneficial factor.~~
~~Goal setting can also be beneficial if smaller 'sub goals' are made to~~

Goal setting is also positive in a P.A.P as they can focus attention and give a clear direction of where the athlete wants to go. Short term goals are very effective in keeping the athlete focused as they track progress along the way to reaching the long term goal. This can be effective because it shows the athlete if they are on track and making improvements and if they are not they can re-assess their programme to establish what they are doing wrong. As well as this they add pressure along the way, as often if one feels they have a long period of time to make improvements they may procrastinate the hard work which could lead to the long term goal not being reached.

~~upon losing motivation for the athlete even~~ Lastly by seeing these small improvement the athlete can gain confidence, feel like the training they are doing is worthwhile and remain motivated.

However, negative effects of goal setting is that ~~the pressure can lead to negative which such as~~ the athlete could be ~~extrinsicly~~ motivated throughout the programme by the goal, and once they have reached the goal have no intrinsic motivation

A negative effect of goal setting is that if an athlete does not reach their goals, this may not only lead to ~~a lack of~~ decreased motivation, but also could lead to decreased self confidence, feelings of inadequacy and a negative relationship with physical activity which could put them off doing it in the future. ~~This will~~ therefore even though their physical well-being may have improved, their mental and spiritual wellbeing may suffer. Also the pressure of reaching goals could have a negative effect as they may cause the athlete to overtrain ~~this~~ I will further discuss the detremental effects of overtraining later.

The purpose of planning is to ~~more~~ create a programme which consists of the elements needed to help one ~~achie~~ reach their goals. Having a plan is positive because an athlete is more likely to train if they have already mentally commited by planning a training session for that day. It also means *principals such as* ~~by~~ progressive overload can be applied using the F.I.T.T principals, by planning to slowely increase the Frequency, Intensity, time *length* ~~per~~ ~~or~~ type of exercise over the time period of the P.A.P in order to see maximum improvements in cardio vascular and muscular systems.

~~Moreover~~ It is important when planning to avoid thinking of the body as a machine. This idea of healthism is based on the set of assumptions that an individual is solely responsible for their own health and ignores the effects of social, political, economical, environmental, cultural and historical factors. This can have negative effects on one's overall hauora and ~~or~~ wellbeing and therefore when planning outside factors need to be considered and the effect that they will have on

Question number

the athlete.

When planning it is important to plan sufficient rest periods into the programme to avoid overtraining. It is the rest period after a ~~hard~~ training ~~when~~ where the body systems make improvements. If there is insufficient rest interspersed between trainings the body will not be able to recover properly and performance will plateau. If this work to rest imbalance continues then overtraining occurs which leads to detrimental effects on the body and performance will declines. For example in my own experience when my coach brought resistance training into our gymnastic ~~training sess~~ conditioning sessions, she did not plan sufficient rest time for us to recover. My muscles felt worn out and tired and I could not put as much leg power into my tumbling and other skills therefore my performance began to decline.

Overall, I believe that the process and purpose of goal setting and planning is essential in a physical activity programme, as the advantages of goal setting and planning greatly outweigh the disadvantages and ~~are~~