**Senior Secondary Physical Education Elective**

**Part 5 Physiological Basis for Exercise and Sport Training**

**Worksheet 5**

A soccer coach has prepared the following training plan for the ABC university soccer team. The inter-university competition was scheduled from February to April next year.

| **July to October** | **November to January** | **February to April** | **May to June** |
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| Muscular Endurance (Jul to Aug) – squat, bench press, leg extension, lat pull down, leg curl, lateral raise * 15-20RM
* 3 sets
* 30s rest between sets

Muscular strength (Sept to Oct) - squat, bench press, leg extension, lat pull down, leg curl, lateral raise**Program A**  | Sport-specific power and speed training – squat jump, drop jump**Program B**  | Sport-specific power and speed training – **Program C** | Muscular strength – **Program A** |

Question 1:

State the term to be used to describe the period between July to October under the Periodization theroy.?

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| Preparation period |
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Question 2:

Suggest one body weight exercises for upper body training in Program B?

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| Jumping push up, push up, or chin up  |
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Question 3:

Please prepare the Program A according to the FITT principle.

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| F: 3 sessions/week |
| I: 1-5 reps |
| T: 4-5mins rest between sets |
| T: Resistance training |

Question 4:

Describe the major differences between Program B and Program C.

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| Program C will be more high-speed/low-resistance movement and sprints at low frequency of training (1 to 2 sessions/week) |
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Question 5:

The competition will be completed in April, state the term to be used to describe the period between May to June under the Periodization theory.

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| Transition period |
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References:

McArdle, W.D., Katch, F.I., & Katch, V.L. (2000). Essentials of exercise physiology (2nd ed.). Philadelphia: Lippincott Williams & Wilkins.

Åstrand, P.O., et al. (2003). Textbook of work physiology: Physiological bases of exercise. Champaign, IL: Human Kinetics

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