Summer Examinations 2016

SPO101216N

Module Title Introduction to Fitness Training Methods
Level Four
Time Allowed Two hours

Instructions to students:

• Enter your student number not your name on all answer books.
• Answer two of the four questions.
• All questions are equally weighted.
• Begin each question in a separate answer book; label each answer book clearly with the number of the question you are answering.
• The same material should not constitute a substantial part of more than one question.
• Neither books nor notes may be taken into the examination.
• You may not remove this examination paper from the examination room. For all purposes the examination paper remains the property of The University of Northampton.

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Answer two of the four questions

1. Describe four different training methods that can be used to develop an endurance athlete’s performance and discuss the strengths and weaknesses of each method. Then explain in detail physiologically why these training methods will improve performance.

2. Give a detailed description of the 7 stage heart rate training zones, including the purpose of each stage, heart rate range and race benefits. Then, with the use of specific training sessions explain how you would use these training zones to regulate exercise intensity for an endurance athlete.

3. Identify the main fitness components associated with a 100 m sprinter and discuss the methods we could use to assess the athletes performance throughout the entire sprint. Then provide a detailed explanation of the factors which affect these fitness components.

4. Identify the most appropriate tests to assess a basketball players’ ability to change direction, jump performance and upper body strength, commenting on how they relate to ‘in-game’ situations. Then describe in detail how you would undertake these tests.