

POWER STANDARD 2: I Can Train Myself and Others

APPLYING THE SPORT PRINCIPLES

Name: Answer Key

Explain to Fernando how to apply the SPORT principles of training so that he can become a better runner. He wants to be able to run a 6-minute mile (1.6 km). His current time is 8:30, and he runs once a week.

Specificity: *Fernando needs to start running at least 3 to 4 times a week.*

Progression: *Fernando will start off on a beginner's plan, running 1 to 2 miles (1.6-3.2 km) and progressing to 3 (4.8 km).*

Overload: *To improve time, one day a week while running he will sprint and jog to improve his overall pace or run 200s at an 8:30 pace for a little over 1 minute.*

Reversibility: *If Fernando stops running or becomes injured or ill, he will not be able to improve his time. He will get slower as a result.*

Tedium: *Fernando needs to mix up his running routine, running hills, various distances, and various speeds so that his body does not get used to running at the same pace.*

Please explain how we have applied the SPORT training principles in our yoga class.

S: *We are specifically working on improving or maintaining our flexibility, muscular endurance, and coordination.*

P: *Because this is our third time doing yoga, our moves and exercises are still at the beginning level to make sure we are using proper technique. Sometimes our teacher will give us a cue to see if we can hold a pose longer or stretch a little bit further to gradually progress.*

O: *The first day we started with the sun salutation and three balancing poses, three endurance poses, and three flexibility poses. We are now up to six of each type of pose. By working a little longer and adding more poses, we are overloading our bodies to work a bit harder and longer, which allows us to gain benefits.*

R: *If we do not stretch and find time for exercises that promote flexibility, we will lose range of motion, which can cause injury, issues with alignment, pain in our joints and spine, and overall stiffness.*

T: *We learned new poses and did a variety of flexibility poses, strength poses, and balancing poses so that our routine was different—our bodies were not able to get used to the poses so we were able to challenge them.*