

Chapter 14

Improving performance



CRITICAL QUESTIONS

How do athletes train for improved performance?

How does competition affect performance?

What are the coaching considerations for improving performance?

Overview

Training for improved performance

- Training for strength
- Training for power and speed
- Training for endurance
- Training for flexibility
- Training for skill and improvement

How competition affects performance

- Phases of competition
- Dietary considerations
- Environmental considerations
- Psychological preparation

Coaching considerations

- Establishing training programs
- Elements of a training session
- Overtraining
- The use of technology

Outcomes

On completion of this chapter, you will be able to:

- explain the relationship between physiology and movement potential (H7)
- explain how a variety of training approaches and other interventions enhance performance and safety in physical activity (H8)
- explain how movement skill is acquired and appraised (H9)
- design and implement training plans to improve performance (H10)
- design psychological strategies and nutritional plans in response to individual performance needs (H11)
- devise methods of gathering, interpreting and communicating information about health and physical activity concepts (H16)
- select appropriate options and formulate strategies based on critical analysis of the factors that affect performance and safe participation (H17)
- value the technical and aesthetic qualities of, and participation in, physical activity. (V&A)