

Unit 3: Nutrition, Training and Ergogenic Aids
Chapter 15: Training and Human Performance

Section 15.1: The F.I.T.T. Principle

- Know what the F.I.T.T. Principle is and how to apply it to training

Section 15.2: Training Methods

- Know the different types of functional fitness and examples of each
 - Periodization, flexibility training, core training, cardiorespiratory training, resistance training, circuit and stage training, plyometrics training, speed/agility/quickness training and balance training.

Section 15.3: Environmental Factors and Training

- Understand how different environmental factors affect our bodies and training.

Section 15.4: Developing an Individualized Training Program

- Know the 3 stages of a sound training program

Section 15.5: Fitness Appraisals and Training Programs

- Understand the 2 different types of training programs; health-related and performance-related

Answer: 1, first 2 – 7 on page 431

Chapter 16: Ergogenic Substances and Techniques

Section 16.1: Nutritional Aids and Human Performance

- Understand the importance and risks of product knowledge with regards to dietary supplementation such as: vitamin, minerals, proteins and caffeine.

Section 16.2: Pharmacological and Physiological Aids

- Know what pharmacological and physiological aids are and examples of them

Section 16.3: Technological Innovation and Ergogenic Aids

- Know some examples of technological aids
- Know some examples of ergogenic improvements

Review Questions: 1 – 8 pg. 451