

### 1.3.3: Factors that need to be considered before training

#### Personal factors

These include such details as the age and gender of the athlete, along with their current levels of health and fitness. The coach or personal trainer might use a battery of fitness tests, various health screening methods and a Physical Activity Readiness Questionnaire (PAR-Q) to collect this information. These pieces of information will be very important for the coach or personal trainer as they will have to take the results into account when deciding on the level of intensity at the start of the training programme.

The coach or personal trainer will also have to consider the lifestyle of the athlete, the amount of time they have available for training, and the cost of completing the sessions in any training programme they produce. If an athlete has a very busy life, they might not have a lot of time available to train. This could limit the training methods that the coach could include in the training programme. Cost could also be a factor as some training facilities can be expensive to use. If cost is an important consideration, the coach could plan sessions that make use of free facilities such as parks or footpaths.

#### Environmental factors

These include the facilities and equipment that are available to the coach or personal trainer and the athlete that are needed for the training programme. These factors will have to be considered along with the personal factors when the coach or personal trainer is compiling the training programme. The facilities available might depend on where the athlete lives, as there are likely to be a greater number, and range, of training facilities in an urban area than a rural location. If the athlete lives in the countryside, the time and cost of travelling to training facilities might become an important factor that the coach or personal trainer has to consider.

The same consideration will have to be given to the equipment available to the athlete, and coach or personal trainer that can be used for the training activities. Larger facilities or sport specific clubs are likely to have more equipment available that can be used for training. The athlete might also be able to purchase personal training equipment if it is needed to complete the training activities in the training programme.

However, if cost is an issue for the athlete, the coach or personal trainer might need to develop training activities that do not require any equipment apart from clothing and footwear. These could include jogging sessions or exercise circuits.

#### Structure and function of warm-up and cool down

Once the coach or personal trainer has decided on the training methods and activities that will make up the athlete's training programme, they must consider the structure and function of the warm-ups and cool downs that will be vital components of the training sessions.

The first part of any training session, regardless of the training method being used or the activity being developed, must be the warm-up. The purpose of the warm-up is to prepare the athlete, both physically and mentally, for the training session. The warm-up should include pulse raising activities and stretching to ensure the athlete is ready to complete their session with a reduced risk of injury.

The cool down should be the final component of any training session, and should be designed to return the athlete's body to its resting state, minimising the likelihood of muscle soreness or stiffness later in the day. The cool down should include pulse lowering activities and stretching.

A training session should be structured in the following way:

- Warm up
- Skill development or game related activities (if appropriate)
- Exercise session
- Cool down.

More detailed information regarding these stages components of a training session are included in the section covering Unit 3 AC 2.2.3.2.2.