

**June 2011**

You have been asked to improve the fitness and skills of a group of AS Level Physical Education students.

Explain how you could calculate individual workload intensities for a continuous training programme.

In addition, explain the different methods of guidance **and** the factors that you should consider when deciding on the most appropriate method to use.

A good answer must address all areas of the question adequately, and should consider accurately the following topic areas:

Valid points	Commentary
<p>Methods to calculate intensity</p> <ul style="list-style-type: none"> <li>A. Use heart rate to measure intensity;</li> <li>B. <u>Heart rate training zone</u>;</li> <li>C. 60-80% of maximum heart rate;</li> <li>D. Max heart rate = 220-age;</li> <li>E. <u>Karvonen</u> principle stated;</li> <li>F. Karvonen formula detailed – Exercising heart rate = (Heart rate range x intensity %) + (resting heart rate);</li> <li>G. Use <u>Borg scale</u> to measure intensity;</li> <li>H. <u>Rate of Perceived exertion/RPE</u>;</li> <li>I. Subjective/opinion;</li> <li>J. Scores 6-20;</li> </ul>	<ul style="list-style-type: none"> <li>A – Accept use of pulseometer/heart rate monitor</li> <li>B – Required term</li> <li>C – Accept within tolerances – 50-95%</li> <li>E – accept spelling mistakes</li> <li>F – no tolerance</li> <li>G – Required term</li> <li>I – How hard they feel they have worked</li> <li>J – Does not start at zero</li> </ul>
<p>Forms of guidance</p> <ul style="list-style-type: none"> <li>K. Visual – observe/demonstration/seen/show;</li> <li>L. Verbal – tell/speak;</li> <li>M. Manual – support/assistance from coach;</li> <li>N. Mechanical – use of aids/eg harness/belt/floats;</li> </ul>	<p>Name and describe</p>
<p>Factors to consider</p> <ul style="list-style-type: none"> <li>O. Depends on performer’s stage of learning/ability/experience/age;</li> <li>P. Depends on nature of skill/task/complexity;</li> <li>Q. Depends on situation/environment/facilities available/time;</li> <li>R. Depends on level of danger/safety of situation/skill;</li> <li>S. Depends on motivation/personality of performer;</li> <li>T. Depends on size of group;</li> </ul>	

**Students who simply make a (bullet point) list can only reach as high as Level 2.**