

NAME-
AGE-16
SPORT-volleyball

Content page

Experience	2
Components of fitness	2
Aim	3
SMART target	3
Principle of training	3,4
Methods of training	5
Midweek testing	9
Evaluation	9
Analysis	10

EXPERIENCE

I have been playing volleyball for 4 years. It started when I was 13 when I first started. I used to play for the under 16 team now I am playing for the under 20 team for the school. I Am also with a club and we play a few games against some other teams.

	test	Rationale for inclusion	result	rating
power	Vertical jump	I need to work on my power to increase my vertical jump so that I can get more height on the ball when spiking and blocking.	39 centimeters	Below average
power	Standing long jump	I need to work on my standing long jump so the I could help me with my three meter spike so that I can get enough distance to hit the ball when I am in the back	2.12 meters	average

AIM

I want to increase my vertical jump from 39 cm to 46 cm in 6 weeks to help me with my blocking and spiking I am only able to get 4 block out of 10 I would like to get 8 block out of 10. I am only able to hit 6 spike out of 10 I would like to hit 9 spikes out of 10

SMART TARGET

Specific	I have a specific goal / I know exactly what components of fitness you want to develop. I'm focusing on my lower body power and strength so that I can reach the spike better and reach all the blocks
Measeable	Right know my vertical jump is 39 cm and I would like to increase it to 45cm I would also like to improve my standing long jump from 2.12m to 2.22m
achievable	My targets are achievable with the right method of training(plyometric and circuit)an the right principle of training(rest and recovery and progressive overload)
realistic	My goal is realistic because I am going to be practicing plyometric 2 a week and skill training 2 a week which mean it would me more accomplishable and possible
time	I am planning to do this in the next 6 week and I would also do midway testing and adjust from there onward

PRINCIPLE OF TRAINING

Specificity	In my plyometric program most of my exercises help build up my lower body which would help me when i am spiking in volleyball and performing jump serves.
Individual	This program is designed to help me build my vertical jump and how high I can jump.
Progressive overload	Throughout the weeks i am increasing my repetitions from 2 repetitions to 5 repetitions that would gradually increase the capabilities in my lower body strength .
FITT	<p>FREQUENCY- i am going to do the plyometric program 2 times a week and twice i am going to do skill training making sure with the small improvement i will be able to use when training.</p> <p>INTENSITY - i am going to increase the repetitions throughout the week starting at 2 repetitions all the way to 5 repetitions.</p> <p>TIME - session take me 30 minutes to complete this make sure that it is more reasonable and i plenty of time to carry out this exercises</p> <p>TYPE- i am going to use plyometrics which is an exercise that uses rapid and repeated stretching and contracting of the muscles that is designed to increase strength</p>
Rest and recovery	Rest and recovery is very important in .training i'm giving myself 2 days out of the 7 days in a week to rest and recover from the exercise. With ample amount of time to rest and recover I would be less profound to injury.
Reversibility	With observation on the training program I have given myself enough days of rest and recovery resulting in a decrease of injury that means it should not occur. Reversibility may affect my leg due to the exercise putting a lot of pressure on the feet and the legs .If this happens i will lose all my progress due to not working out.

METHODS OF TRAINING

PLYOMETRICS	Plyometrics would help in my explosiveness and help me build my plyometric are exercise that mainly target the lower body using body weight and quick powerful reactions to build muscle in the lower body
CIRCUIT	Circuit training is a mixture of exercise in in an order from one to another

monday	Skill training	Skill training	Skill training	Skill training	Skill training	Skill training	Skill training	Skill training	Skill training
tuesday	Seated box jump 4*10	Elevated lung jump 4*5 each leg	Box jump 4*10	Depth jump 4*10	Calf raises 4*10	Power Jump 4*10	Crunches 4*10	Leg push 4*10	Push up 4*5
wednesday	Rest day								
thursday	Push ups 3*10	Crunches 3*15	Diamond push ups 3*7	Russian twist 3*15	Dips 3*15	Bicycle kicks 3*15			
friday	Seated box jump 4*10	Elevated lung jump 4*5 each leg	Box jump 4*10	Depth jump 4*10	Calf raises 4*10	Power Jump 4*10	Crunches 4*10	Leg push 4*10	Push up 4*5
saturday	Skill training								
sunday	Rest day								

monday	Skill training	Skill training	Skill training	Skill training	Skill training	Skill training	Skill training	Skill training	Skill training
tuesday	Seated box jump 4*10	Elevated lung jump 4*5 each leg	Box jump 4*10	Depth jump 4*10	Calf raises 4*10	Power Jump 4*10	Crunches 4*10	Leg push 4*10	Push up 4*5

wednesday	Rest day								
thursday	Push ups 3*10	Crunches 3*15	Diamond push ups 3*7	Russian twist 3*15	Dips 3*15	Bicycle kicks 3*15			
friday	Seated box jump 4*10	Elevated lung jump 4*5 each leg	Box jump 4*10	Depth jump 4*10	Calf raises 4*10	Power Jump 4*10	Crunches 4*10	Leg push 4*10	Push up 4*5
saturday	Skill training								
sunday	Rest day								

monday	Skill training	Skill training	Skill training	Skill training	Skill training	Skill training	Skill training	Skill training	Skill training
tuesday	Seated box jump 5*10	Elevated lung jump 5*5 each leg	Box jump 5*10	Depth jump 5*10	Calf raises 5*10	Power Jump 5*10	Crunches 5*10	Leg push 5*10	Push up 5*5
wednesday	Rest day								
thursday	Push ups 3*10	Crunches 3*15	Diamond push ups 3*7	Russian twist 3*15	Dips 3*15	Bicycle kicks 3*15			
friday	Seated box jump 5*10	Elevated lung jump 5*5 each leg	Box jump 5*10	Depth jump 5*10	Calf raises 5*10	Power Jump 5*10	Crunches 5*10	Leg push 5*10	Push up 5*5

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saturday	Skill training								
sunday	Rest day								

Fitness Testing

stations	Before week 1	After week 3	After week 6
Vertical jump	39cm	45cm	49.5
Standing long jump	2.12m	2.15	2.23m

As you can see from my results using this training program and the various methods and principles of training, I was able to increase my vertical jump and my standing long jump past my original goal of 2.22 meters for standing long jump and 45 centimeter vertical jump.

EVALUATION

Fitness test	Pre-pep	rating	Midway pep	rating	Post pep	rating
Vertical jump	39 centimeters	Below Average	45 centimeters	Average	49.5 centimeters	Average
Standing long jump	2.12 meters	average	2.14 meters	Average	2.23 meters	Above Average

These are the results from my test. This shows the effect of plyometric exercise increasing my power.

Plyometric Program Analysis:

1. Vertical Jump Progression:

- Initial Goal: 45cm
- Actual Result: 49.5cm
- Achievement: Surpassing the set goal by 4.5cm demonstrates not only the effectiveness of the program but also an exceptional level of improvement in explosive lower body power.

2. Standing Long Jump Enhancement:

- Initial Goal: 2.22 meters
- Actual Result: 2.23 meters
- Progress: While the increase is marginal, achieving and slightly surpassing the goal showcases a well-rounded development in lower body strength and coordination.

3. FITT Principle Implementation:

- Frequency, Intensity, Time, and Type were effectively manipulated throughout the program.
- High Intensity and Frequency: Sustaining elevated levels of intensity and frequency underscored the commitment to the FITT principle, ensuring continuous challenges for the body.

4. Progressive Overload Impact:

- Increase in Repetitions: The ability to consistently elevate repetitions over the weeks demonstrates a successful application of progressive overload, a key factor in maximizing performance gains.

5. Rest and Recovery Strategy:

- Adequate Time for Recovery: Emphasizing the importance of rest and recovery highlights a thoughtful approach to maintaining peak performance without compromising physical well-being.
- Injury Prevention: The absence of injuries is a testament to the prudence of allowing the body ample time to recover, further ensuring sustainability in training intensity.

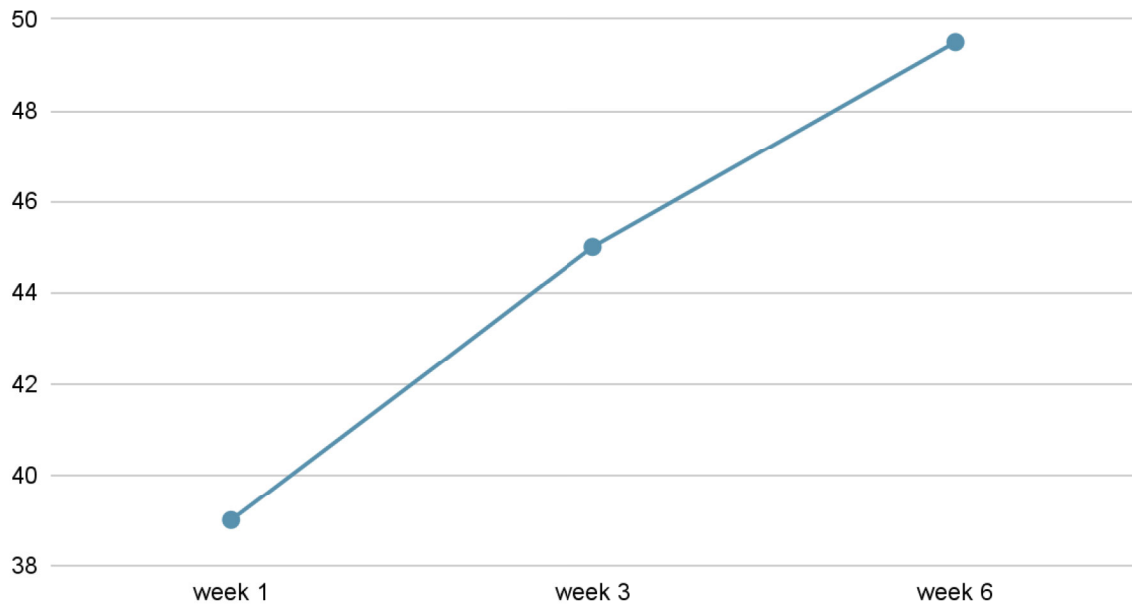
6. Specificity in Plyometric Exercises:

- Targeted Lower Body: Focusing on the lower body aligns with the specificity principle, enhancing leg power relevant to the sport of volleyball.
- Sport-Specific Transfer: The improved vertical jump directly correlates with enhanced spiking and blocking abilities, showcasing the direct applicability of the program to your athletic pursuits.

7. Reversibility Mitigation:

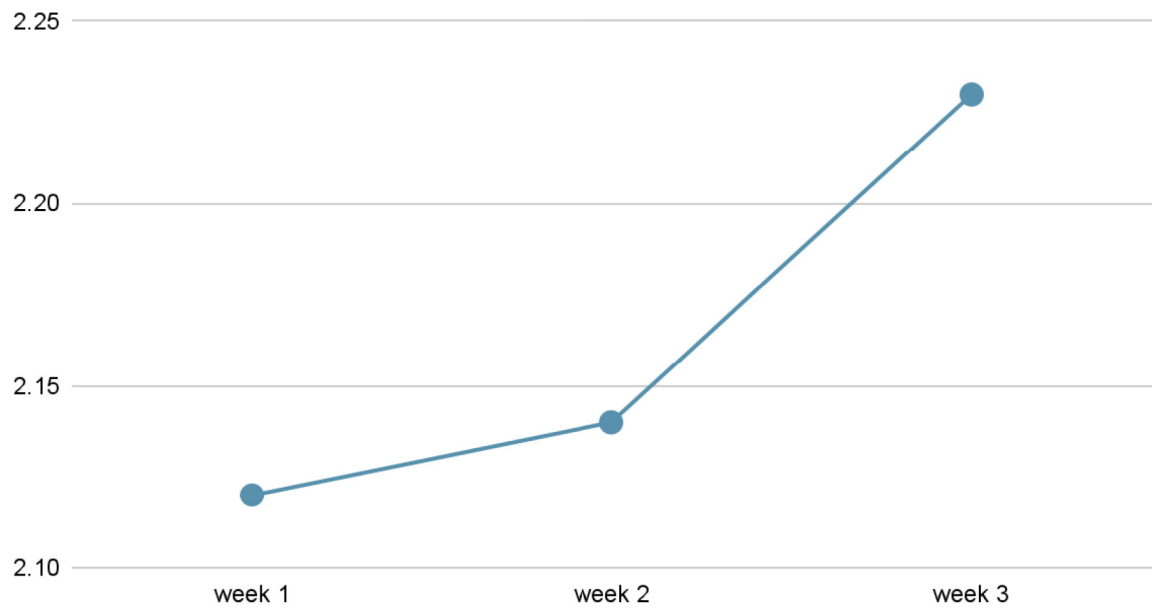
- Consistency in Training: By maintaining a consistent and high-intensity workout regimen, the risk of reversibility, and subsequent performance decline, was

Points scored



Standing vertical jump

Points scored



Standing long jump

PAR-Q Form

Name: _____ Date: _____
 DOB: _____ Height: 5' 73 Weight: 64 kg
 Health Care Provider: _____ Phone: _____

Questions

Has your health care provider ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor? ☐ Yes ☒ No

Do you feel pain in your chest when performing physical activity? ☐ Yes ☒ No

Have you experienced chest pain when NOT performing physical activity in the last month? ☐ Yes ☒ No

Do you lose your balance because of dizziness or have you lost consciousness recently? ☐ Yes ☒ No

Do you have any bone or joint problems (back, knee, hip, etc.) such as arthritis, which could be aggravated through physical activity? ☒ Yes ☐ No

Is your doctor currently prescribing you medications for high blood pressure or a heart condition? ☐ Yes ☒ No

Is there any reason why you should not participate in physical activity? ☐ Yes ☒ No
Reason: _____

Do you currently exercise on a regular basis (3+ times per week)? ☒ Yes ☐ No

If Yes to Any Questions: _____

If No to All Questions: _____

Name _____

Guardian Name

Personal exercise programme training record form

Pearson Edexcel Level 1/Level 2 GCSE (9–1) in Physical Education		1PE0/04
Centre name: [REDACTED]	Centre number: [REDACTED]	
Candidate name: [REDACTED]	Candidate number: [REDACTED]	
Chosen activity/sport: Volleyball		
Chosen method of training: Plyometrics		
Date and number of training session:		

Pre-exercise heart rate before warm up	Working heart rate	Immediate post-exercise heart rate
74	167	158

Recovery heart rate at the following intervals (bpm)	1 min	2 min	3 min	4 min	5 min
	121	92	88	79	72

Description of training session appropriate to the method of training, e.g. map of continuous training course, plan of circuit training session

Any adaptations or changes you have made to this training session and why
No, I have not made any changes to my sessions