


# PRINCIPLES OF EXERCISE

## Overload

- 
- *Intensity*
  - *Frequency*
  - *Duration*



Training must be raised to a higher level than normal to create the extra demands to which your body will adapt.

## Specificity

Training must be specific to the sport or activity, the type of fitness required and the particular muscle groups.



## Progression

As your body adapts to training, you progress to a new level of fitness. To then take this to the "next level", a gradual increase in intensity is needed to create an overload.



## Reversibility

The effects of training are reversible. If exercise is reduced in intensity or even stopped, the benefit can be lost quickly.



## Adaptation

With continued practice, your body will eventually turn a new sport, activity or movement skill into second nature.



## Individual Differences

Each person has a different response to an exercise or training program and each person needs to exercise and train accordingly.



# Principles Of Physical Education

**D Keegan**



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