2010 HSC - PDHPE
Band 3/4 - Sample 3
Question 30b

Start here.

Factors a coach should consider in order to avoid overtraing include intensity, overuse, phases, tapering and peaking. These factors Reduce the risk of overtraining which may lead to fatigue, lathargic and even injury (mostly soft tissue).

The use of periodisation and phasing/ subphasing force coaches to be influced by the season they are in (pre-season, in season or post season) which can contribute the intensity ~~of~~ ~~will~~ of the activity. phasing ~~also~~ should also point out to the coach resting time and need for recovery, if this does not occur then ~~such~~ psychological and physiological disadvantages could occur such as lack of motivation and tissue damage.

The level of intensity is extreamly important ~~of~~ when avoiding over training

because the higher/longer the intensity levels are the increased risk of fatigue, lathargic and tissue occuring therefore reducing the efficiency of the training program. For example when strength training muscels need time to recover so if athletes are ~~comprisi~~ participating in aworkout comprissing of bench press, shauld press and bicepe curls with small amount of time for recovery allocated an high number of repetitions and sets then most likely the athletes will show characteristics of overtraining such a fatigue, lathargic and tissue damage.

Overuse is a common cause for overtraining, overuse occurs when a simular activity is performed repetitively. Both psychological and physiological disadvantages could occur due to overuse. ~~The overuse~~ For example the overuse of a particular system, muscle group or energy system will quickly decrease the source of fuel ~~be~~ therefore the

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by products being produced causing fatigue, lathargic and soft ~~tissue~~ tissue damage.

If tapering and peaking are considered then the benefit of the activity for competition ~~should~~ will increase and decrease the fatigue due to the need for rest. The use of tapering will force rest and recovery time for athletes allowing there sources of fuel to recover, muscle fatigue and allow the athlete ~~to~~ to be a maxium fitness for competition. if peaking is considered the coach will understand when to increase intensity and when to decrease intensity leading to less signs of being overtrained.

The factors coaches should consider involve phasing/subphasing, intensity, overuse, tapering and peaking if this is implemented the characteristics of overtraining such as fatigue, latargic and tissue damage should be minimised.

You may ask for an extra Writing Booklet if you need more space.