



## **Introduction to Sport, Fitness & Management**

*Sport: Fitness requirements*

### **Gary Anderson**

A top-level athlete is somebody that has the desire to go on to be the best in the world. There're a lot of people who want to be the best, there's not many people who want to pay the price to be the best.

*On screen text: Gary Anderson Strength & Conditioning Coach*

### **Commentary**

Whatever their sport, elite performers devote a high percentage of their week to fitness training, it's a big difference from training at a lower level.

*On screen text: Mary Philip Arsenal Ladies/England*

### **Mary Philip**

When I first started playing football, obviously very amateur, very low key level, I was training once a week. As I started climbing higher and higher up the ladder and got into the international squad it stepped up then to three times a week. I'd never get away with training twice a week and trying to play at international standard, it wouldn't ever happen.

*On screen text: Colleen Kerr Judo Athlete*

### **Colleen Kerr**

I train up to five times a week it's always with a coach and one day a week it's in the gym with a group doing specific strengthening and conditioning training.

### **Commentary**

Its coaches who help elite athletes stay on track and motivated. They play a crucial role in scheduling and advising athletes.

*On screen text: Emma Hayes Assistant First Team Coach, Arsenal Ladies*

### **Emma Hayes**

I think our role is to be everything with players, we're here as mentors, we're here as family members at times, we're here as psychologists, as leaders for them and I think that our role is really encompassing and deals with all aspects.

### **Mary Philip**

The coach is here to motivate you just try picking you up and keeping everyone involved but a lot of it is also down to yourself, you know, if you're not into it and you're thinking I can't be bothered today, regardless what the coach says, it's not

going to pick you up so unless you're 100% focused on what you're going to be doing that day, you're not going to get 100% out of that session you are doing.

### **Commentary**

When an athlete starts competing at an elite level their focus on fitness training intensifies and intensity is one of the key factors in getting results.

### **Gary Anderson**

The level of intensity is geared by the phase and cycle of training that they're in and some sessions are not as intense as others and it's important that we don't, in a competition phase, fatigue the athlete too often during a phase of training but when they're in the off-season phase in the endurance phase then the intensity and the amount of volume they'd be doing is very, very high.

### **Colleen Kerr**

When I was at a lower level that what I am the training wasn't as intense, I didn't do much strength specific training, it was mainly on the judo mat and it's when I've become to this elite level I've started to do more work within the gym area.

### **Commentary**

For many athletes a training programme is designed to improve their muscular strength.

### **Gary Anderson**

These guys aren't weight lifters as such, they use the weight lifting in order for them to perform a movement which will then generate strength and ultimately onto power.

### **Colleen Kerr**

The exercises that I do in strengthening is good for my judo because I do a lot of strength and power training and the throws which I tend to use are mainly power based and there's a lot of strength needed within judo because it's a lot of gripping and grappling and you need more strength than your opponent to be able to win the fight.

*On screen text: Claire Smith Physiotherapist, Arsenal Ladies*

### **Claire Smith**

The players themselves need to be proactive in maintaining their muscle strength even when they haven't got injuries. We always say prevention is better than cure and if you can look after yourself, maintain your strength then you'll be less likely to get injuries.

### **Commentary**

But injuries are sometimes unavoidable, so when they happen its important to treat them as soon as possible and in the correct manner.

*On screen text: Jayne Ludlow Arsenal Ladies/Wales*

### **Jayne Ludlow**

As soon as you do the injury, it's ice and compression but then after that it's a lot of resistance work if obviously it's a muscle tear, all resistance work and then building back into the running and the explosive work.

### **Commentary**

In addition to strength, speed and agility workouts are also used in elite fitness sessions.

### **Mary Philip**

For speed agility we use the ladder and the hurdles, just to force ourselves to get our feet moving quickly, no small touches on the floor, as fast as we can possibly go through it.

*On screen text: Gareth Haines Karate Athlete*

### **Gareth Haines**

There's lateral movements side to side, moving side to side, which is good for fighting because if someone's mainly a central attacker you can sort of dodge away so moving and agility that's really good for the ladders.