


Strength and Power Training Chart– CT021

<p>Description</p>	<ul style="list-style-type: none"> ◆ The Strength and Power Training laminated chart includes fundamental muscle physiology, how the body reacts to training and the methods of training to develop strength and power. Designed in conjunction with Rex Hazeldine, Sport and Exercise Scientist from Loughborough University. ◆ The Chart is split into 3 sections. SECTION 1 illustrates the structure of striated muscle, muscle contraction and the types of muscle fibres the body has. SECTION 2 describes what happens physiologically to the body during training. SECTION 3 shows different methods of strength and power training. Linked to our charts "Training For Your Sport" and "Nutrition for Sport" these three make up the Sports Training Series which are a great reference source for coaches, P.E.Teachers and colleges of Physical Education.
<p>Details</p>	<p>1. Dimension: A1 Size</p>
<p>Image</p>	 <p>The chart is titled "STRENGTH AND POWER TRAINING" and is divided into three main sections:</p> <ul style="list-style-type: none"> SECTION 1: UNDERSTANDING MUSCLE, MUSCLE CONTRACTION AND MUSCLE FIBRES <ul style="list-style-type: none"> STRUCTURE OF STRIATED MUSCLE: Shows the hierarchical structure from myofibrils to muscle fibers and the whole muscle. MUSCLE CONTRACTION: Explains the sliding filament theory and the role of calcium ions. TYPES OF MUSCLE FIBRES: Distinguishes between Type I (slow-twitch) and Type II (fast-twitch) fibers. SECTION 2: THE TRAINING PROCESS <ul style="list-style-type: none"> Summarizes what happens to the body during training. Includes a flowchart showing the progression from "STRENGTH AND POWER TRAINING BEGINS" through "ADAPTATION TO EXERCISE" to "IMPROVEMENT IN STRENGTH AND POWER AS THE RESULT OF TRAINING". Lists key adaptations: increased muscle fiber size, increased number of motor units, and increased myofibril density. SECTION 3: METHODS OF STRENGTH AND POWER TRAINING <ul style="list-style-type: none"> Details various methods: Isometric, Dynamic, Plyometric, and Explosive training. Includes diagrams of exercises like squats, lunges, and jumps. <p>TRAINING FOR YOUR SPORT section at the bottom provides a summary of the training process: ASSESS → EVALUATE → SELECT → PLAN & RECORD → REVIEW & REASSESS.</p>