



**BSA-Akademie**

Prävention, Fitness, Gesundheit

School for Health Management



Department  
Fitness/Individual Training

## **Course notes**

# **Basic Fitness Trainer**

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## Contents

Foreword.....	3
Guide to the course notes.....	10
Main learning objectives of the Basic Fitness Trainer .....	14
Part I Training theory .....	15
1 Introduction.....	16
1.1 Objectives and motives of fitness customers.....	16
1.2 Meaning and contents of the term "fitness" .....	18
2 Principles of training theory .....	21
2.1 Motor skills.....	22
2.2 Training .....	27
2.3 Training versus exercise .....	29
2.4 Adaptation processes through training – the supercompensation model.....	29
2.4.1 Reduced performance capacity – fatigue .....	33
2.4.2 Restoring performance capacity – recovery .....	34
2.5 Training load and training stress .....	36
2.6 Training principles .....	40
2.6.1 The principle of the training-effective stimulus .....	41
2.6.2 The principle of progressive increase in training load .....	42
2.6.3 The principle of varying load .....	44
2.6.4 The principle of optimal relationship between training load and recovery .....	45
2.6.5 The principle of regularity and continuity .....	45
2.6.6 The principle of periodisation and cyclisation.....	45
2.6.7 The principle of individuality and age appropriateness .....	46
2.6.8 The application of training principles to fitness- and health-oriented sports .....	46
3 Training management .....	50
3.1 Level 1: Diagnosis .....	51
3.1.1 Biometric test parameters.....	53
3.1.2 Body Mass Index (BMI) .....	53
3.1.3 Sports motor tests .....	61
3.2 Goal setting/prognosis .....	61
3.3 Training planning.....	66
3.4 Training implementation.....	68
3.5 Analysis/Evaluation .....	69
4 Structure of a training session.....	71
4.1 Warm-up.....	71
4.1.1 Warm-up objectives .....	71
4.1.2 Warm-up contents.....	73
4.2 The main part of the training programme .....	76

4.3 Warm-down ("Cool-down") .....	76
4.3.1 Warm-down objectives .....	76
4.3.2 Warm-down contents.....	77
<b>5 The strength motor skill .....</b>	<b>79</b>
<b>5.1 Work modes and tension forms of skeletal muscle .....</b>	<b>80</b>
<b>5.2 Strength manifestations.....</b>	<b>85</b>
5.2.1 Maximum strength .....	86
5.2.2 Power .....	87
5.2.3 Strength endurance.....	88
5.2.4 Relevant manifestations of strength in fitness- and health-oriented sports.....	88
<b>6 Strength training methodology .....</b>	<b>93</b>
<b>6.1 Basic aspects of the strength training methodology.....</b>	<b>94</b>
<b>6.2 Organisational forms of strength training .....</b>	<b>95</b>
<b>6.3 Periodisation and cyclisation in strength training .....</b>	<b>97</b>
<b>6.4 Methodological principles of strength training.....</b>	<b>102</b>
6.4.1 Movement speed.....	102
6.4.2 Range of motion .....	103
6.4.3 Rest periods .....	104
6.4.4 Breathing.....	104
6.4.5 Functionality of strength exercises.....	105
6.4.6 Differentiated choice of exercises for machine-based strength training .....	105
<b>6.5 Strength training methods .....</b>	<b>110</b>
6.5.1 The problem of determining the intensity in machine-based strength training .....	110
6.5.2 Traditional strength training methods .....	113
6.5.3 Single-set training .....	115
6.5.4 Gentle strength training according to Buskies approach.....	116
6.5.5 Requirements for optimal strength training methodology.....	118
6.5.6 The individual lifting performance method (ILP) .....	118
6.5.7 Training planning with the ILP .....	120
<b>6.6 Didactic, methodical sequence of exercise instructions .....</b>	<b>143</b>
<b>7 The endurance motor skill.....</b>	<b>150</b>
<b>1.1 Types of endurance.....</b>	<b>151</b>
7.1.1 General and local endurance.....	152
7.1.2 Aerobic and anaerobic endurance .....	152
7.1.3 Static and dynamic endurance .....	153
7.1.4 Short-, medium-, and long-term endurance .....	153
<b>7.2 The importance of general aerobic dynamic endurance.....</b>	<b>154</b>
<b>7.3 Positive effects of endurance training.....</b>	<b>155</b>
<b>8 Methodology of endurance training .....</b>	<b>158</b>
<b>8.1 Intensity determination in endurance training .....</b>	<b>158</b>
8.1.1 Calculation of theoretical maximum heart rate .....	158
8.1.2 Calculation of the training heart rate using the ACSM formula.....	160
<b>8.2 Endurance training methods.....</b>	<b>161</b>
<b>8.3 Equipment selection for endurance training.....</b>	<b>162</b>
<b>8.4 Designing programmes for fitness- and health-oriented endurance training.....</b>	<b>167</b>

<b>9</b>	<b>The flexibility motor skill .....</b>	<b>169</b>
9.1	Factors that affect flexibility.....	169
9.2	Importance of optimal flexibility for health .....	171
9.3	General and specific flexibility.....	172
<b>10</b>	<b>Methods of flexibility training .....</b>	<b>175</b>
10.1	Flexibility test .....	175
10.2	Stretching methods.....	183
10.2.1	Active stretching.....	184
10.2.2	Passive stretching .....	185
10.2.3	Static stretching.....	186
10.2.4	Dynamic stretching.....	186
10.2.5	Load parameters.....	188
10.3	Exercise execution.....	189
10.4	Stretching effects .....	190
10.5	Potential applications for stretching .....	192
10.6	Strength training and flexibility .....	194
	<b>Part II Medical basics.....</b>	<b>199</b>
<b>1</b>	<b>Introduction to anatomy .....</b>	<b>200</b>
1.1	Anatomical terminology – technical terms .....	200
1.2	Structure and function of the cell .....	203
1.3	Cell adaptations through training.....	204
1.4	Anatomical classification of tissue types.....	204
<b>2</b>	<b>The passive movement system .....</b>	<b>208</b>
2.1	Structure and function of bones .....	208
2.2	Structure and function of cartilage .....	211
2.3	Structure and function of ligaments .....	212
2.4	Structure and function of joints .....	212
2.5	Joint types .....	214
<b>3</b>	<b>The active movement system.....</b>	<b>218</b>
3.1	Muscle tissue classification .....	219
3.2	Structure and function of skeletal musculature.....	219
3.2.1	Structure of the skeletal muscles .....	219
3.2.2	Mechanics of the skeletal musculature.....	222
3.2.3	Skeletal muscle fibre types .....	225
3.2.4	Tendons and auxiliary muscle structures .....	226
3.2.5	Muscle origin and insertion .....	227
3.2.6	Functionality of muscle groups .....	227
3.2.7	Adaptations in the skeletal muscles .....	229
<b>4</b>	<b>Functional anatomy of the most important muscle-joint systems.....</b>	<b>236</b>

4.1	Shoulder girdle and upper extremities.....	236
4.1.1	Shoulder girdle.....	236
4.1.2	Shoulder joint.....	247
4.1.3	Elbow joint.....	263
4.2	Spine.....	273
4.3	Lower extremities .....	295
4.3.1	Hip joint.....	295
4.3.2	Knee joint.....	312
4.3.3	Ankle joint.....	322
5	Cardiovascular system.....	335
5.1	Structure and function of the heart.....	335
5.1.1	Location and construction of the heart.....	336
5.1.2	Cardiac cycle.....	337
5.2	Structure and function of the vascular system.....	338
5.2.1	Blood vessels.....	338
5.2.2	Systemic circulation (large body circuit) .....	338
5.2.3	Pulmonary circulation (small lung circuit).....	339
5.3	Parameters of cardiovascular function .....	340
5.3.1	Heart rate (HR).....	341
5.3.2	Stroke volume (SV) .....	341
5.3.3	Cardiac output (CO).....	341
6	Metabolism .....	346
6.1	Energy provision in the muscle cell during physical exercise .....	346
6.1.1	Phosphorylation.....	347
6.1.2	The cleavage of creatine phosphate .....	348
6.1.3	Breakdown of nutrients.....	348
6.1.4	Anaerobic pathway of energy conversion.....	350
6.1.5	Aerobic pathway of energy conversion.....	351
6.2	Energy flow rate.....	354
6.3	The advantages and disadvantages of aerobic and anaerobic energy conversion.....	355
Part III Nutrition .....		359
1	Introduction.....	361
2	Macro-nutrients .....	363
2.1	Carbohydrates.....	363
2.2	Fats .....	366
2.3	Proteins.....	367
3	Fluid intake.....	374
4	Micro-nutrients .....	377
4.1	Minerals .....	377
4.2	Vitamins .....	378
Postscript .....		383

### 3 Training management

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#### Learning objectives

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After completing the chapter, you will be able to . . .

- name the five steps for optimal training management and apply this process scheme in the practice of fitness- and health-oriented sports,
  - explain the aims and objectives of diagnosis in fitness- and health-oriented sports and implement this part of training management appropriately,
  - explain the importance of goal setting within training management and set up specific training goals for your customers as part of a training programme,
  - explain the specific training science principles for planning and implementing training and apply these steps to fitness- and health-oriented sports,
  - explain the importance of analysis/evaluation as part of training management and implement them as part of fitness- and health-oriented sports.
- 



#### Definition of “training and performance management”

“Performance management is the short-, medium- and long-term coordination of all measures to plan, implement, control, analyse and correct sports training” (Olivier et al., 2008, p. 55).

Training management (also referred to as “performance management”) is mainly used to:

- optimise training success (best possible change in performance capacity),
- avoid overreaching or overtraining and the resulting injuries or damage,
- reduce training monotony and therefore the so-called drop-out rate.

Training management involves the targeted change of the current state towards a desired state. To achieve the training management objectives in the best possible way, the whole process is subject to an exact procedure. Therefore, within training management the steps shown in the following diagram are differentiated (with reference to Olivier et al., 2008, pp. 55–57).

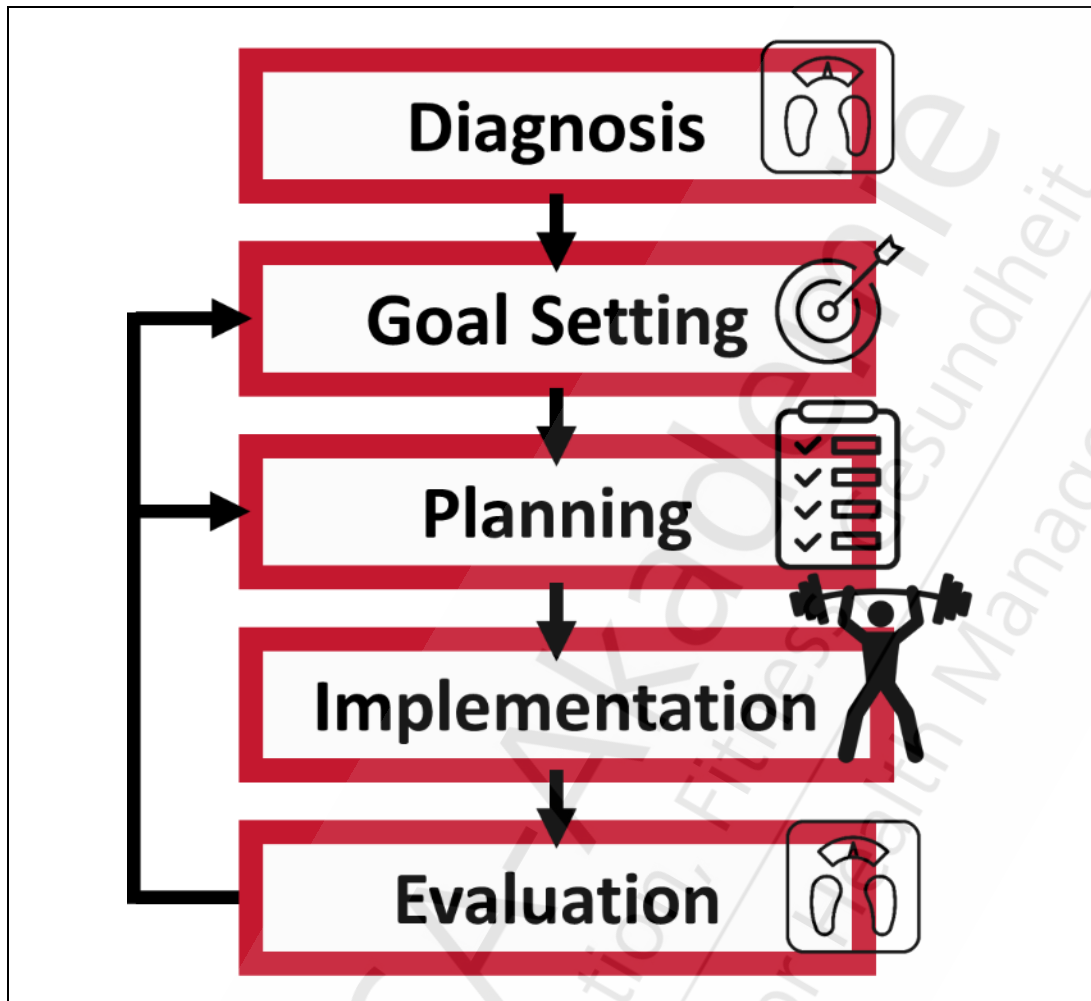


Fig. 18: The five-stage model of training management (©BSA/DHfPG)

### 3.1 Level 1: Diagnosis

The first stage of training management is diagnosis. In this step, an initial interview and special initial tests (measurement procedures) are used to collect relevant data on the athlete to assess their current performance and health status for the ongoing training management process. It is particularly important to identify risk factors and health problems (Eifler & Schmidt, 2017). The more data is collected, the more objectively and reliably the performance and current health situation of the client can be assessed, and appropriate measures in training planning can therefore be undertaken.

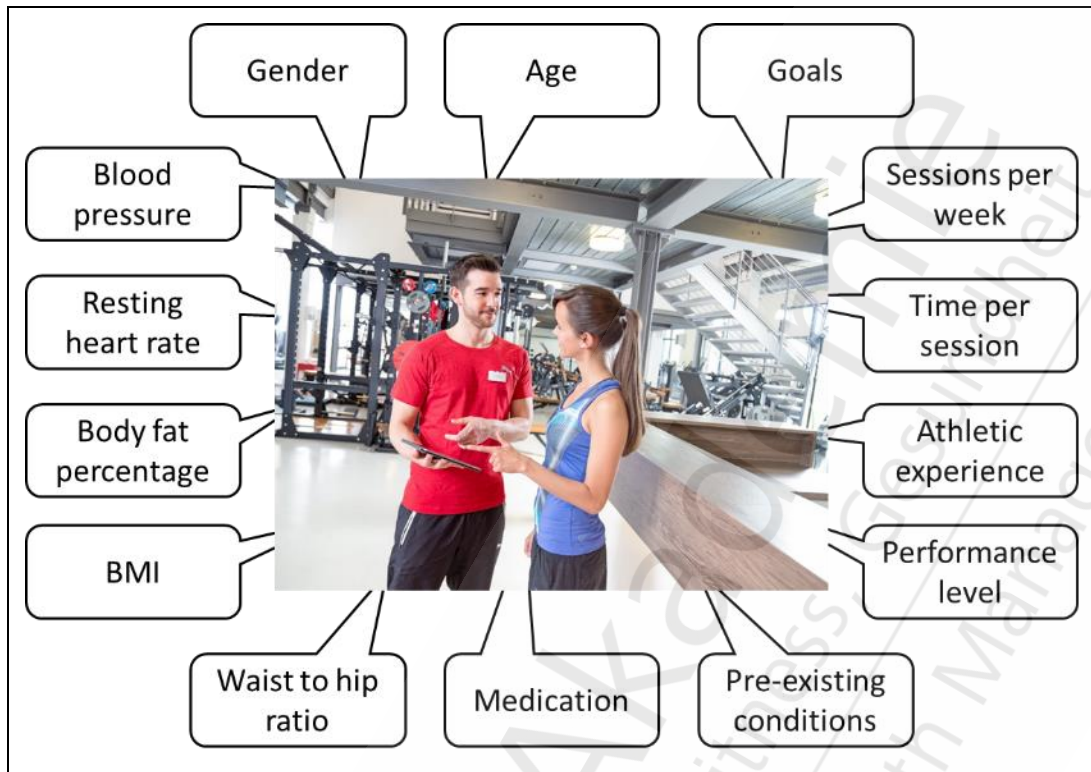


Fig. 19: Important diagnosis parameters (©BSA/DHfPG)

The **initial interview** should as a minimum generate the following data (see Fig. 19):

- General data of the person (e.g. age, gender)
- Training motives and goals
- Time available (training frequency per week and duration of each unit)
- Sporting history (sports previously undertaken, sports currently being undertaken)
- General well-being (own assessment of health and fitness condition)
- Risk factors
- Illnesses
- Health restrictions
- Medication

The **initial tests** are divided into two categories:

- Biometric tests: anthropometric data such as weight, height, body mass index, waist/hip ratio, body fat percentage or body composition and/or other parameters are tested; in addition, key internal health data such as resting heart rate and blood pressure are collected.
- Motor tests: individual characteristics of motor skills are tested, i.e. strength, endurance, flexibility, possibly also coordination tests.



### 4.1.2 Shoulder joint

The shoulder joint (articulatio humeri) is a ball and socket joint and is comprised of the small glenoid cavity of the shoulder blade and the large articular surface of the upper arm bone (humerus). The two joint surfaces have a 1:4 size ratio (socket: head). This size ratio significantly increases the anatomical mobility of the shoulder joint, which is extremely important for the motor capacities of the upper extremities. At the same time there is no bony stabilisation in this joint, so the primary stabilisation in the shoulder joint must be muscular.

Fig. 79 shows the shoulder blade from a ventral view.

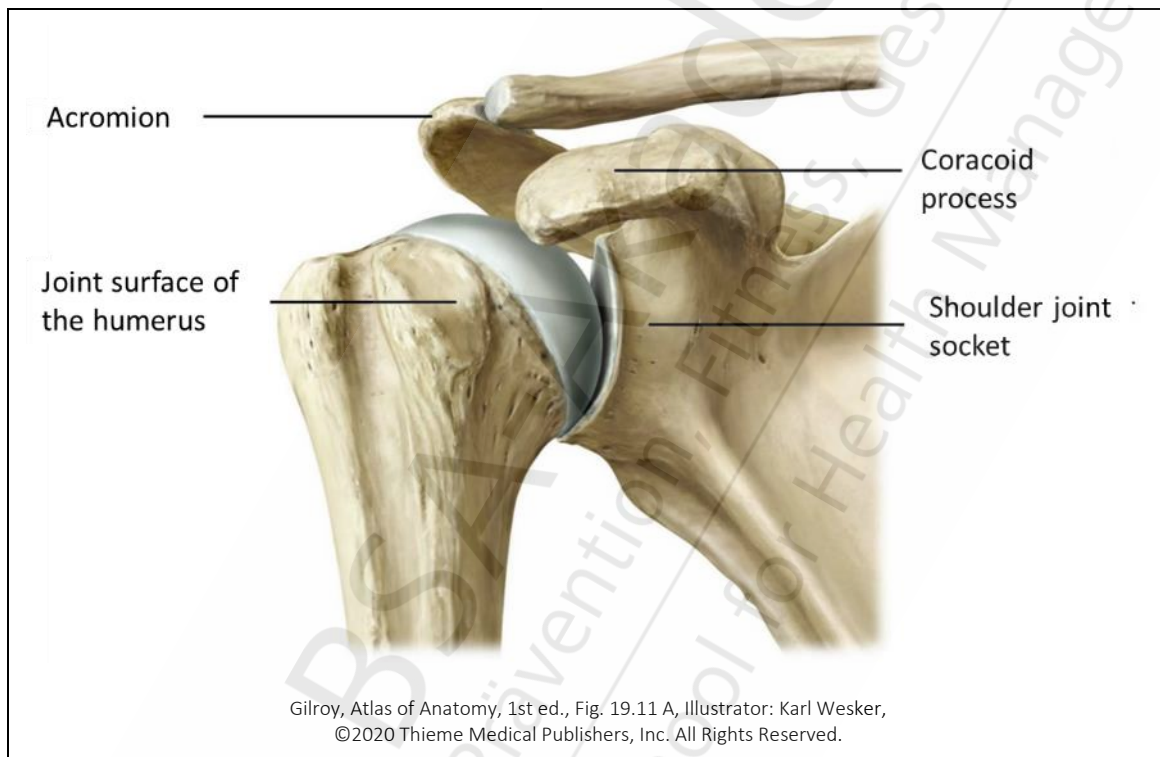


Fig. 79: The shoulder joint – ventral view (©Thieme Medical Publishers, 2020)

#### Movements of the shoulder joint:

Due to its anatomical structure, the shoulder joint has numerous degrees of freedom. In the shoulder joint, the upper arm head can perform movements around three main axes. Thus, there are six main movements in the shoulder joint:

- Flexion and extension (lifting the upper arm forwards and backwards in the sagittal plane)
- Abduction and adduction (lateral lifting and lowering of the upper arm in the frontal plane)
- External and internal rotation (outward and inward rotation of the upper arm in the horizontal plane)

The following diagrams illustrate the possible movements of the shoulder joint:

- Flexion and extension: Fig. 80
- External rotation and internal rotation: Fig. 81
- Abduction and adduction: Fig. 82

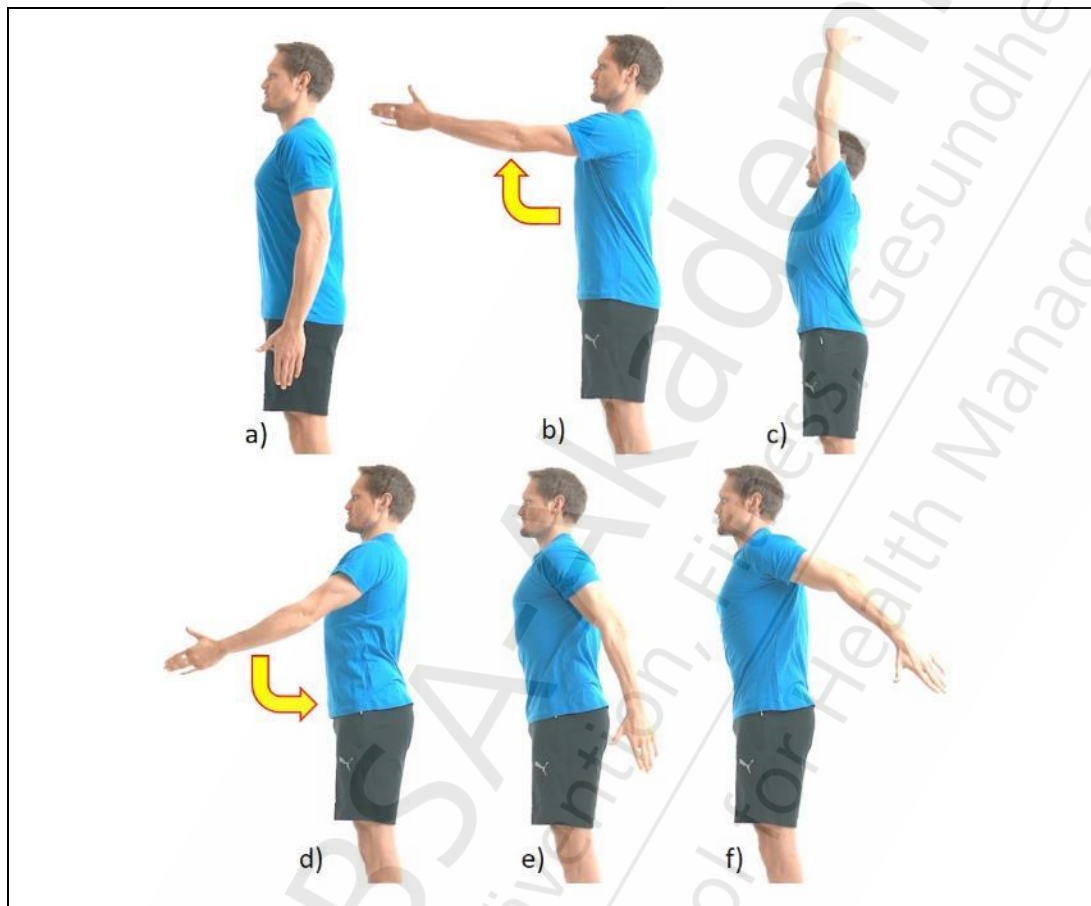


Fig. 80: Movements of the shoulder joint in the sagittal plane: a) neutral position, b) to c) flexion, d) to f) extension (©BSA/DHfPG)

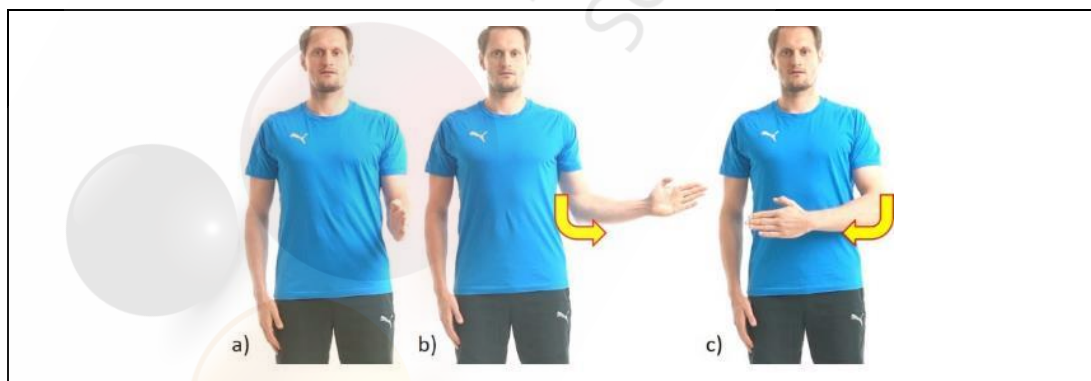


Fig. 81: Movements of the shoulder joint in the horizontal plane: a) neutral position with 90° bend in elbow joint, b) external rotation, c) internal rotation (©BSA/DHfPG)

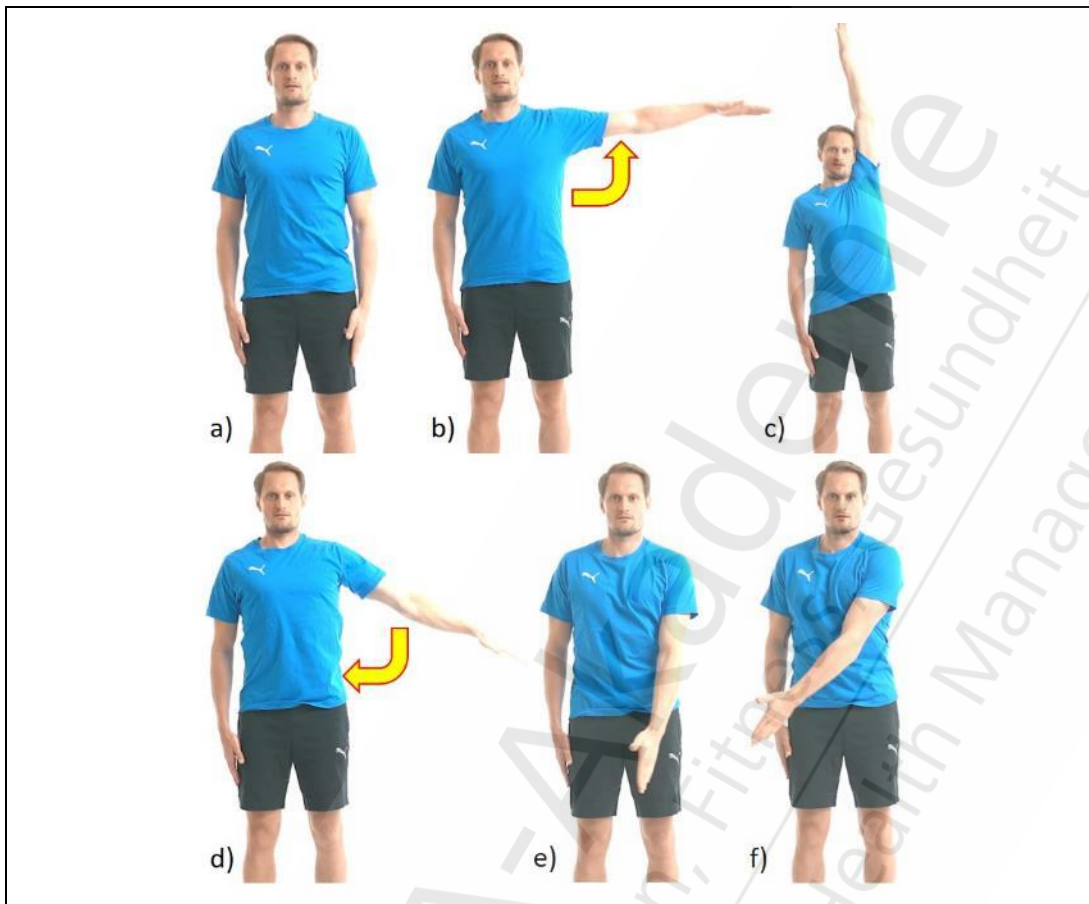


Fig. 82: Movements of the shoulder joint in the frontal plane: a) neutral position, b) to c) abduction, d) to f) adduction (©BSA/DHfPG)

Given these main movements, the various muscles of the shoulder girdle are involved in the movement to differing extents depending on the fibre course and insertion point on the upper arm.

#### The muscles of the shoulder joint:

The most important muscles that act on the shoulder joint are discussed below. In the interest of didactic reduction, only selected muscles are discussed. The descriptions are therefore not intended to be complete.

Fig. 83 shows the superficial muscles of the shoulder joint from a dorsal view. You can see the deltoid (deltoid-shaped muscle) with its posterior fibre part (pars spinalis). As a result of its biomechanical peculiarities, we present the deltoid in a separate and detailed manner in the further course of this chapter.