

Competitive Exercise (CE)

This term refers to exercises (any activities done in training) that are identical or almost identical to the competition event. For example, for shot putters: throwing the shot (glide or spin), sprinters: various forms of sprint work, jumpers: full jumps with various approach lengths, etc...

Specific Development Exercises (SDE)

Refers to exercises that repeat the competitive event in training but in its separate parts and may include resistance or specific strength exercises (overload training). For example, for discus throwers: stand throws, endurance athletes: hill work, triple jumpers: bounding exercises with or without loads, sprinters: resisted or assisted runs.

Specific Preparatory Exercises (SPE)

This term refers to exercises which do not imitate the movement of the competitive event, but train the same major muscle groups and physiological systems. For example: For throws, sprints and jumps: Olympic lifts and various other maximal strength and special strength (explosive jumping and medicine ball) exercises. For endurance: strength endurance exercises and activities.

General Preparatory Exercises (GPE)

These are exercises that do not imitate the competitive event and do not train their specific systems. Generally speaking, these exercises are very all-purpose and used for general coordination and recovery.

EVENT

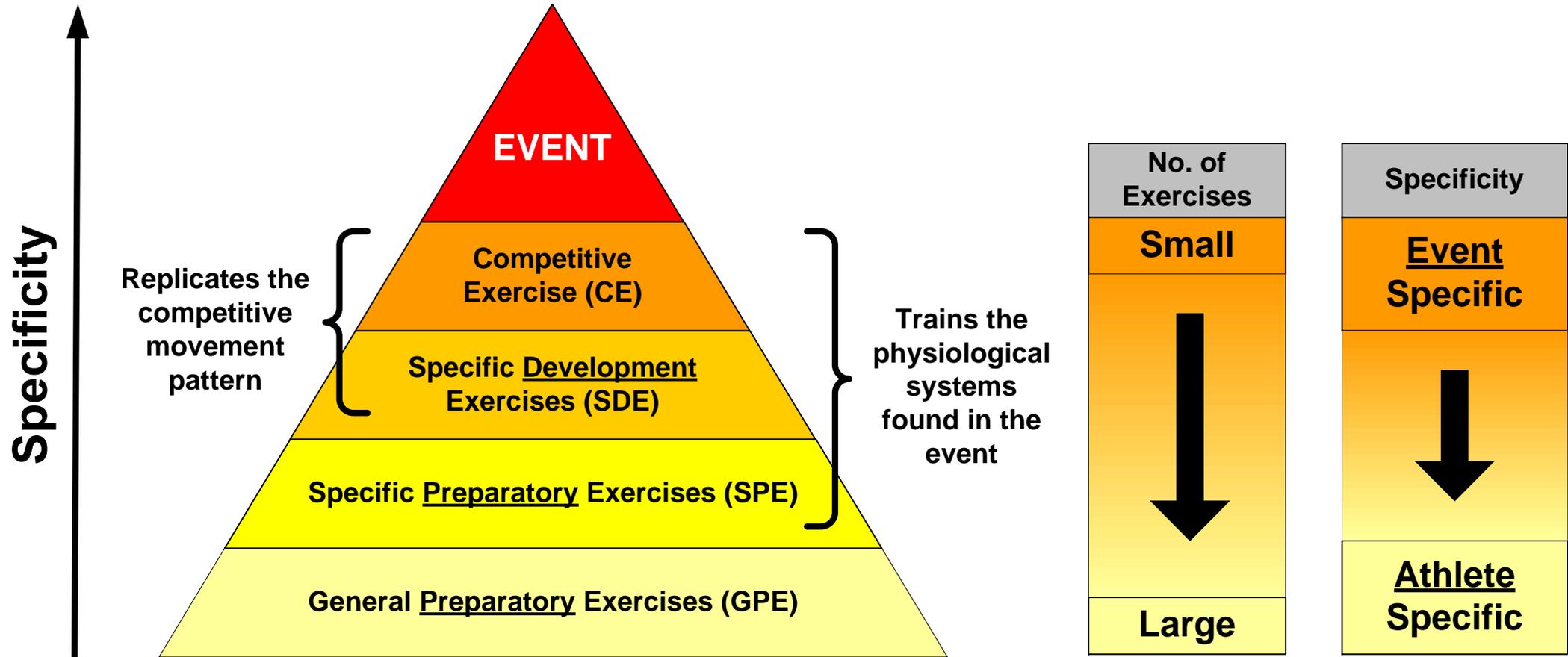
CE

SDE

SPE

GPE

UKA Exercise Classification Hierarchy (V1.0)



CE	SDE	SPE	GPE
Perfection	Development	Preparation	
Perfect competitive technique & <u>develop</u> the specific conditioning requirements for the event		Prepare the athlete's body to handle the demands of the training in their event	

UKA Exercise Classification Hierarchy (V1.0)

*When in doubt examine the definitions and use your best judgement to classify exercises

General Guidelines For Classification*												
Throws				Jumps				Speed		Endurance		Walks
SP	DI	JA	HA	LJ	TJ	PV	HJ	Hurdles	Sprints	MD	LD	
Light & heavy implements				Varying approach distances				Varying hurdle spacing	Various forms of "Speed" work	Varying distances using race pace mechanics		Varying Walk Dist.
Various throwing activities				Horiz. Jumping Activities		Vert. Jumping Activities		All other running based activities				
Running / Jumping				Throwing		Jumping / Throwing		Strength endurance & other activities that are enduring in nature		Explosive activities?		
Activities that are explosive in nature				Activities that are aerobic in nature				Activity aimed at increasing work capacity				
GPE				Extremity conditioning & recovery activities including other sports								

Does it replicate the competitive movement in its entirety?

NO

YES

Does it replicate part of the competitive movement?

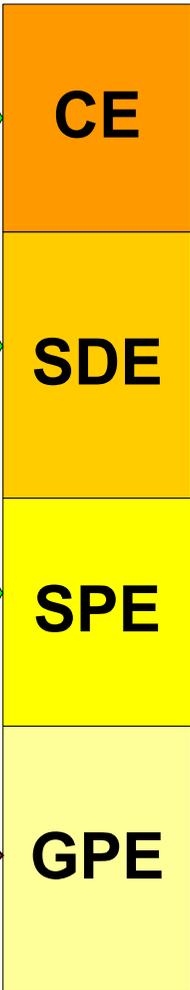
NO

YES

Does it stimulate the same major muscle groups & physiological systems used in the competitive event?

NO

YES



Competitive Movement = The technique used in competition. In cases where there are more than one possible technique (e.g. Glide vs Rotational Shot, Hitch Kick vs Hang Long Jumping, Straddle vs Flop High Jumping) include the one the athlete will use in competition at the CE Level.