Clarification regarding HITT Training Principles

**High Intensity Interval Training HITT**

<https://www.vcaa.vic.edu.au/Documents/vce/physicaledu/High_intensity_interval_training_HIIT.docx>

A great variety of resources on a range of relevant topics.

**VCE Physical Education. Units 1–4: 2017–2024 Resources**

<https://www.vcaa.vic.edu.au/Documents/vce/physicaledu/PhysicalEducation_resources_2017.docx>

**Australian Institute of Sport**  
[www.ausport.gov.au/ais/](http://sportsmedicine.about.com/od/overtraining/Overtraining.htm)

Nutrition  
<http://www.ausport.gov.au/ais/nutrition>

Performance Recovery  
<http://www.ausport.gov.au/ais/performance_support/physiology/fatigue_and_recovery>

Psychology  
<http://www.ausport.gov.au/ais/performance_support/psychology>

Performance recovery Research  
<http://www.ausport.gov.au/ais/performance_support/physiology/research>

Strength and Conditioning  
[http://www.ausport.gov.au/ais/performance\_support/strength\_and\_conditioning](http://www.abc.net.au)

**Australian Physiotherapy Association**  
[www.physiotherapy.asn.au](http://www.abc.net.au/health/talkinghealth/factbuster/stories/2014/09/18/4090397.htm)

**Brainmac Sports Coach**[www.brainmac.co.uk](http://www.brainmac.co.uk)

Conditioning  
[www.brianmac.co.uk/conditon.htm](http://www.brianmac.co.uk/conditon.htm)

Energy Pathways  
[www.brianmac.demon.co.uk/energy.htm](http://www.brianmac.demon.co.uk/energy.htm)

Performance Evaluation Tests  
[www.brianmac.co.uk/eval.htm](http://www.bodyandsoul.com.au)

Personal Exercise Plan  
[www.brianmac.co.uk/pep.htm](http://www.olympics.com.au)

Planning the training  
[www.brianmac.co.uk/plan.htm](http://www.peakcentre.ca/)

Training Principles  
[www.brianmac.co.uk/trnprin.htm](http://www.psychology.org.au/)

Training Programs  
[www.brianmac.co.uk/trainprog.htm](http://www.asada.gov.au)

**Exercise and Sports Science Australia**

[www.essa.org.au](http://www.abs.gov.au)

**Exercise Research Australia**  
[www.exerciseresearch.com.au/](http://sportsmedicine.about.com/)

**Sport Integrity Australia**[www.sportintegrity.gov.au/](https://www.sportintegrity.gov.au/)

[Education page](https://www.sportintegrity.gov.au/what-we-do/education)  
[eLearning page](https://elearning.sportintegrity.gov.au/)  
[Resource kit](https://www.sportintegrity.gov.au/sites/default/files/Sport%20Integrity%20Australia%20-%20Secondary%20Schools%20Resource%20Kit%20-%2029Oct2020%20-....pdf)

**Harvard Medical Health Resources / Publications**

<https://www.health.harvard.edu/category/staying-healthy>