

Health Related Fitness (HRF)

| Component of Fitness | Fitness Test | Training Method | Principles of Training (<i>FITT</i>) |
|---------------------------|---|--|--|
| Muscular Endurance | <ul style="list-style-type: none"> • One Minute Sit Up Test • Number of sit ups an individual can complete in one minute. • One Minute Press Up Test • Number of sit ups an individual can complete in one minute. | Circuit Training <ul style="list-style-type: none"> • A range of different exercises are used to train different muscles. Exercises are also selected which are relevant to specific sports. • Each exercise is performed a certain number of times or for a specific length of time before moving to the next exercise. | Frequency (F) |
| Speed | <ul style="list-style-type: none"> • 35m Sprint Test • From a standing start, pupils sprint as quickly as they can for 35m with their time recorded in seconds. | Interval Training <ul style="list-style-type: none"> • A short, high intensity work period followed by a rest period. Hollow Sprints <ul style="list-style-type: none"> • Sprints followed by a period of walking/jogging and so on. Acceleration Sprints <ul style="list-style-type: none"> • The pace is gradually increased from a standing start to jogging, then to striding, and then to a maximum sprint. | Intensity (I) |
| Power | <ul style="list-style-type: none"> • Vertical Jump Test • Stand against a wall, with their feet on the floor, reach up and make a mark with their finger tips. Again with feet on the floor from a standing position, jump and make a second mark, measuring the distance between the two marks in cm. | Plyometrics <ul style="list-style-type: none"> • Plyometric exercises require maximal force and these types of exercises include lunging, bounding, incline press ups, barrier hopping and jumping. • Exercises should be selected which are relevant to specific sports. | Time (T) |
| Aerobic Endurance | <ul style="list-style-type: none"> • Multi Stage Fitness Test • Continuously running 20m shuttle runs for as long as possible, ensuring that the individual running reaches the end of their 20m shuttle run before a bleep. If an individual misses three bleeps that is the end of the test. | Interval Training <ul style="list-style-type: none"> • An individual performs a work period followed by a recovery period. Typical work time can vary from 30 seconds to five minutes; recovery periods can be complete rest, walking or light jogging. Fartlek Training <ul style="list-style-type: none"> • The training is continuous with no rest period and the intensity of training is varied by running at different speeds or over different terrain (surface). | Type (T) |
| | | | Additional Principles of Training |
| | | | Progressive Overload |
| | | | Adaptation |
| | | | Individual Differences |
| | | | Reversibility |
| | | | Specificity |
| | | | Rest and Recovery |
| | | | Variation |