

Unit 1 – Fitness for Sport and Exercise

Learning Aim B – Knowledge Organiser

Requirements for Administration of Each Fitness Test	
Training Methods...	Requirements of Fitness Testing...
• Aerobic Endurance.	• Safe equipment and safe technique.
• Strength.	• Warm up and cool down.
• Muscular Endurance.	• FITT and additional principles of training.
• Flexibility.	• Advantages and disadvantages of fitness testing.
• Speed.	• Application of fitness training method.
• Power.	• Application of fitness testing to clients individual needs/goals/aims objectives.

Component of Fitness & Training Method

Flexibility

Having an adequate range of motion in all joints of the body, the ability to move a joint fluidly through its complete range of movement.

Flexibility training for maintenance, developmental and pre-activity.

- Static Stretching
- Ballistic Training
- PNF
- Circuit Training

Muscular Strength

The maximum force (in kg or N) that can be generated by a muscle or muscle group.

Muscular strength training involves low reps and high loads.

- Plyometrics
- Pyramid Sets
- Free Weights
- Resistance Machines

Muscular Endurance

The ability of the muscular system to work efficiently, where a muscle can continue contracting over a period of time against a light to moderate fixed resistance load.

Muscular endurance training involves low reps and high loads.

- Reps and Sets
- Pyramid Sets
- Free Weights
- Circuit Training

Component of Fitness & Training Method

Aerobic Endurance

the ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity.

- Continuous Training
- Fartlek Training
- Interval training
- Circuit Training

Speed

Distance divided by the time taken, measured in metres per second (m/s).

Principles of speed training should be considered such as training thresholds, percentage of heart rate max, recovery period between sets.

- Hollow Sprints
- Acceleration Sprints
- Interval Training
- Resistance Drills