

## Year 9

### Health Related Fitness (HRF)

#### Considerations for a personal trainer when working with a client...

<ul style="list-style-type: none"> <li>Gaining informed consent often using a written document...</li> </ul>	<ul style="list-style-type: none"> <li>Pre-existing medical conditions of the client...</li> </ul>	<ul style="list-style-type: none"> <li>The training needs of the client...</li> </ul>	<ul style="list-style-type: none"> <li>Health and safety checks of equipment and training machinery...</li> </ul>	<ul style="list-style-type: none"> <li>Building trust and a rapport with the client...</li> </ul>
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Component of Fitness	Fitness Test	Training Method
<b>Muscular Endurance</b>	<ul style="list-style-type: none"> <li><b>One Minute Sit Up Test</b></li> <li>Number of sit ups an individual can complete in one minute.</li> <li><b>One Minute Press Up Test</b></li> <li>Number of sit ups an individual can complete in one minute.</li> </ul>	<b>Circuit Training</b> <ul style="list-style-type: none"> <li>A range of different exercises are used to train different muscles. Exercises are also selected which are relevant to specific sports.</li> <li>Each exercise is performed a certain number of times or for a specific length of time before moving to the next exercise.</li> </ul>
<b>Speed</b>	<ul style="list-style-type: none"> <li><b>35m Sprint Test</b></li> <li>From a standing start, pupils sprint as quickly as they can for 35m with their time recorded in seconds.</li> </ul>	<b>Interval Training</b> <ul style="list-style-type: none"> <li>A short, high intensity work period followed by a rest period.</li> </ul> <b>Hollow Sprints</b> <ul style="list-style-type: none"> <li>Sprints followed by a period of walking/jogging and so on.</li> </ul> <b>Acceleration Sprints</b> <ul style="list-style-type: none"> <li>The pace is gradually increased from a standing start to jogging, then to striding, and then to a maximum sprint.</li> </ul>
<b>Power</b>	<ul style="list-style-type: none"> <li><b>Vertical Jump Test</b></li> <li>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.</li> </ul>	<b>Plyometrics</b> <ul style="list-style-type: none"> <li>Plyometric exercises require maximal force and these types of exercises include lunging, bounding, incline press ups, barrier hopping and jumping.</li> <li>Exercises should be selected which are relevant to specific sports.</li> </ul>
<b>Aerobic Endurance</b>	<ul style="list-style-type: none"> <li><b>Multi Stage Fitness Test</b></li> <li>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.</li> </ul>	<b>Interval Training</b> <ul style="list-style-type: none"> <li>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.</li> </ul> <b>Fartlek Training</b> <ul style="list-style-type: none"> <li>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).</li> </ul>