

Unit 1 – Fitness for Sport and Exercise



Key Vocabulary

Fitness Components:

Body Composition — refers primarily to the distribution of muscle and fat in the body.

Muscular Strength — the ability to carry out work against a resistance.

Muscular Endurance — the ability to repeat a series of muscle contractions without fatiguing.

Power — the ability to exert a maximal force in as short a time as possible, as in accelerating, jumping and throwing implements.

Speed — the ability to move quickly across the ground or move limbs rapidly to grab or throw.

Agility — the ability to quickly change body position or direction of the body.

Flexibility — the capacity of a joint to move through its full range of motion, which is important for execution of the techniques of sports.

Balance and Coordination — the ability to stay upright or stay in control of body movement, an important component of many sports skills.

Cardiovascular Endurance — or aerobic fitness, stamina, is the ability to exercise continuously for extended periods without tiring

SMSC and British Values

- Understanding the importance and value of being healthy

Work Related Learning:

This unit is particularly relevant if you would like to progress into qualifications in sports coaching, elite sport or personal training

Numeracy links:

- Estimating
- Distances
- HR Percentages
- Counting and Addition.

Fitness for sport and exercise is core to the programme of study. This unit underpins, the other units for sport. In learning aim A you will cover the components of physical and skill-related fitness and the principles of training. Learning aim B explores different fitness training methods for developing components of fitness, and for learning aim C you will gain knowledge and skills in undertaking and administering fitness tests.

This unit is externally assessed using an onscreen test. Pearson sets and marks the test. The test lasts for one hour fifteen minutes and has 60 marks. The assessment is available on demand. This assessment is available from January 2020, prior to January 2020 learners may access the 2012 specification legacy on-screen test.

Learners will complete an onscreen test that has different types of questions including short-answer and extended open response questions. Where appropriate, questions contain graphics, photos, animations or videos. An onscreen calculator is available for questions requiring calculations. An onscreen notepad is available for making notes.

Learning aims

In this unit you will:

- A know about the components of fitness and the principles of training
- B explore different fitness training methods
- C investigate fitness testing to determine fitness levels.



Wider experiences and opportunities:

- All students will be encouraged to exercise independently
- Think about their diet and hydration
- Look at a working fitness related business

Learning Aim A – Know about the components of fitness and the principles of training

Understand the components of physical fitness and skills related fitness. Students should understand the definition of each of the fitness components and how these can be applied to sport, how do they allow athletes to perform efficiently and effectively.

How are these fitness components important for sports and exercise participation.

Students should also understand exercise intensity and how it can be measured. Students should be able to measure heart rate (HR) and apply HR intensity to fitness.

$HR\ max = 220 - age\ (years)$

Learning Aim B – Explore different fitness training methods

Students should understand the training methods for the different fitness components that are included in learning aim A.

The different training methods include: continuous training, circuit training, weight training, fartlek training, plyometric training, and interval training.

Speed can be trained using hollow sprints and acceleration sprints.

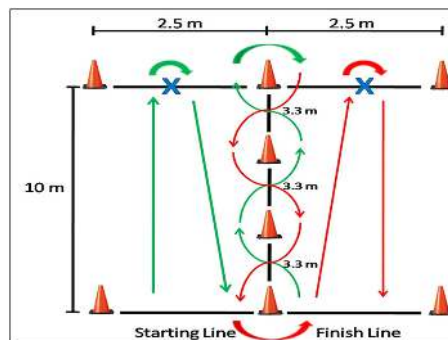
Flexibility can be trained using static stretching and ballistic stretching and also Proprioceptive Neuromuscular Facilitation (PNF).

6		
7	Very, very light	How you feel when lying in bed or sitting in a chair relaxed.
8		Little or no effort.
9	Very light	
10		
11	Fairly light	
12		Target range: How you should feel with exercise or activity.
13	Somewhat hard	
14		
15	Hard	
16		
17	Very hard	How you felt with the hardest work you have ever done.
18		
19	Very, very hard	
20	Maximum exertion	Don't work this hard!

Learning Aim B – Explore different fitness training methods

Students should understand that there are different requirements and safety procedures for different training methods. Have a sound understanding of the warm-up and cool downs required during training.

Students should understand the advantages and disadvantages of each of the fitness training methods and use appropriate application of fitness training methods to specific situations and clients.



Learning Aim C – Investigate fitness testing to determine fitness levels

Understand fitness testing methods for the different components of fitness. Flexibility could use the sit and reach test or aerobic endurance may be tested using the Multi Stage Fitness Test (bleep test). Students will also need to know why testing is important as it gives you baseline data to look to improve and also gives you information to set goals.

Learning Aim A – Know about the components of fitness and the principles of training

Understand the basic principles of training FITT(Frequency, Intensity, Time, Type) and the additional principles of training SPORRAV (Specificity, Progressive Overload, Reversibility, Rest and Recovery, Adaptation, Variation) and applying them to training programmes.

Learning Aim C – Investigate fitness testing to determine fitness levels

Students should understand the importance of fitness testing to sports performers and coaches. It gives baseline data for monitoring/improving performance and can design training programmes based on test results. Students should know the terms 'reliability', 'validity' and 'practicality' and be able to relate them to each fitness test method.

The students should understand the advantages and disadvantages of fitness test methods.