

# Component 2 - Taking Part and Improving Other Participants Sporting Performance

## How do we plan and ensure progress is made during sport and fitness activities?

### Components of Fitness: Physical Fitness

- Body composition
- Muscular strength
- Speed
- Aerobic endurance
- Muscular endurance
- Flexibility

### Components of Fitness: Skill Related Fitness

- Power
- Agility
- Reaction Time
- Balance
- Coordination

**Aerobic Endurance**  
Ability for cardiorespiratory system to supply oxygen & nutrients to muscles

**Muscular Endurance**  
Ability of muscular system to continue to contract and allow repetitive movements

**Flexibility**  
Range of Motion possible at a joint to allow improvements in technique

**Body Composition**  
Relative ratio of fat mass to fat-free mass in body

**Speed**  
Distance divided by time to reduce time taken to move body

**Muscular strength**  
Maximum force that can be generated by muscle to improve forceful movements

## COMPONENT 2A

**Power**  
Strength x speed - allows for explosive movements

**Agility**  
Ability to change direction quickly to allow performers to out-manoeuvre opponent

**Balance**  
Ability to maintain centre of mass over a base of support

**Reaction Time**  
Time taken between a stimulus & start of a response

**Coordination**  
Ability to move two or more body parts at the same time to allow effective application of technique



### Competition is defined by:

- The number of players
- The area of play
- The presence of an official to represent competition standard of play

**Football Rules & Regulations:**

- Number of Players: 2 teams of max. 11 and min. 7
- Substitutions: Up to 5 Subs, 3 opportunities per match
- Periods of Play: 2
- Length of Each Period: 45 mins
- Length of Play Determined by: Time
- Method of Scoring: Goals
- Winner Determined: Highest number of goals

## BTEC COMPONENT 2

### Elements of a Drill:

- Space - areas to be used
- Equipment
- Organisation of participants
- Timing
- Demonstrations
- Positioning

### 4 Types of Drill

- Unopposed stationary drills
- Drills with introduction of travel
- Drills with passive opposition
- Drills with active opposition

### Equipment Number of players Length of play



## COMPONENT 2B



- Officials in Sport:**
- Football → Referee
  - Skateboarding → Judge
  - Tennis → Umpire
  - Sprinting → Timekeepers
  - Rugby → Referee
  - Surfing → Judge



### Methods of Demonstration:

- The coach (oneself)
- A peer or teammate
- A video



## COMPONENT 2C

### Coach's Focus:

- Participant observation
- Providing instructions
- Providing teaching points
- Providing feedback

Should be delivered as key points

Should be kept simple and easy to understand

### Teaching Points

Can be used during the demonstration, during the task and during feedback

Highlight the correct and safe way to perform the technique