

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

Competition is defined by:

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

Equipment **Number of players** **Length of play**

Non-adherence to the rules

Rule & Regulations for All Sports

Scoring system

Playing area

Application of rules

Starting and restarting play

COMPONENT 2A

COMPONENT 2B

COMPONENT 2C

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

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

Elements of a Drill:

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

Coach's Focus:

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

4 Types of Drill

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

Teaching Points

- Should be delivered as key points
- Should be kept simple and easy to understand
- Can be used during the demonstration, during the task and during feedback
- Highlight the correct and safe way to perform the technique

COMPONENT 2A Details:

- 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 2B Details:




- 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

COMPONENT 2C Details:

- 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

BTEC COMPONENT 2

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