

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