



Components of Fitness

- Cardiovascular endurance – sustained exercise (Cooper test)
- Muscular endurance – repeated muscle contractions (sit-up test)
- Strength – maximum force a muscle can exert (handgrip test)
- Flexibility – range of movement (sit and reach)
- Coordination – smooth and accurate movement (alternate hand wall toss test)
- Balance – maintaining stability (stork stand test)
- Speed – quickness of movement (30m sprint)

Principles of Training (SPORT + FITT)

- Specificity – training matches goals
- Progressive overload – gradually increase intensity
- Reversibility – fitness lost when training stops
- Tedium – avoid boredom through variety
- FITT: Frequency, Intensity, Time, Type

Methods of Training

Method	Description	Component Improved
Circuit training	Series of stations	Muscular endurance
Weight training	Reps/sets using resistance	Strength
Continuous training	Sustained aerobic activity	Cardiovascular endurance
Fartlek training	Varied speed/distance	Aerobic & anaerobic fitness
Interval training	Periods of work/rest	Speed & endurance
Flexibility training	Static/dynamic stretching	Coordination & flexibility

Nutrition Essentials

Nutrient	Function	Source
Carbohydrates	Main energy source	Bread, pasta, rice
Protein	Growth & repair	Meat, fish, beans
Fats	Energy, insulation	Nuts, oils, butter
Vitamins	Body function & health	Fruit, vegetables
Minerals	Strong bones, hydration	Dairy, fruit, veg
Water	Hydration, temperature regulation	Water, fruit juice

Balanced Diet: Follows NHS Eatwell Guide; meets RDA (Recommended Daily Allowance).

Fitness Testing

Purpose: Identify strengths/weaknesses, monitor progress, motivate, set goals.

Key Terms:

- Validity: Test measures what it intends to.
- Reliability: Test gives consistent results.
- Normative Data: Average scores to compare against.