

SUBJECT: PE

UNIT: Year 11 - Fitness



Year 11 - Fitness

Principles of training – SPORT

Principles of training are used alongside each training method in order to make the most impact of performance.

Specific – Training must be specific to the sport or meet the needs of the individual. Eg. Their goals.

Progressive Overload – To improve, the body must be challenged with gradually increasing intensity (weight, distance, heart rate, reps and sets).

Reversibility – Fitness goals are lost if training is stopped or if it is reduced.

Tedium – Training must be varied to prevent the performer becoming bored.

Principles of overload – F.I.T.T

Frequency – The amount of training a performer trains a week

Intensity – the type of intensity used in the training (weight, distance, heart rate, reps and sets).

Time – the amount of time spent training

Type – the training method used for a training session

Methods of training:

Methods of training are used to improve specific components of fitness. Once an athlete has their fitness test results they will complete a programme based on an appropriate method of training for their sporting needs. Some examples are:

Fartlek training - Used to improve cardiovascular endurance and muscular endurance. Performers will run across different terrains for long periods of time at a moderate intensity.

Continuous training – Used to improve cardiovascular endurance and muscular endurance by having performers continuously moving at a low intensity for long periods of time. Training should be longer than 20 minutes.

Circuit training is a training method where performers work through several exercises based on a work to rest ratio. It can be used to target specific muscle groups or components of fitness. Used to improve muscular strength and muscular endurance.

Weight training – A training method where performers use free weights, fixed weights or body weight resistance to improve muscular endurance and strength. It is measured in sets, reps and weights.

SAQ training - SAQ training stands for Speed, Agility, and Quickness, a type of physical conditioning focused on improving an athlete's ability to move efficiently and powerfully in different directions, react to cues, and change pace.

Fitness testing

Multi Stage Fitness Test: A progressive shuttle run test that measures aerobic endurance by requiring participants to run back and forth between two markers, with the pace increasing at each level.

Sit and Reach Test: A flexibility test where participants sit with legs extended and reach forward to measure the flexibility of the lower back and hamstrings.

Illinois Agility Test: A test of speed and agility where participants navigate through a cone course, measuring their ability to change direction quickly.

Hand Grip Dynamometer: A test that measures the maximum force a person can exert with their hand using a grip strength dynamometer.

1-Minute Sit-Up/Push-Up Test: A test that measures muscular endurance by counting the number of sit-ups or push-ups a person can complete in one minute.