

SUBJECT: PE

UNIT: Year 10 - Fitness



Year 10 - 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.

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.

Vertical Jump Test / Standing Broad Jump: A test of explosive power where participants either jump as high as possible or leap forward from a standing position to measure lower-body strength and power.