

# SUBJECT: PE

## UNIT: Year 8 - Fitness



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#### Fitness testing

Fitness tests are used to measure an athlete's level of component of fitness. Each component of fitness has at least 1 way it can be measured.

#### **Cardiovascular fitness tests:**

Multi-stage fitness test

#### **Flexibility:**

Sit and reach

#### **Power:**

Vertical jump test

Standing long jump

#### **Muscular strength:**

Hand grip Dynamometer

#### **Muscular endurance:**

2 minute sit up test

#### **Body composition:**

Body mass index

Skinfold caliper test

#### **Agility**

Illinois agility test

#### 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:

**Interval training** - short distance sprints at a high intensity with short rest periods between each sprint.

**Circuit training** - a number of stations with different exercises that can target a muscle group or the whole body.

**Continuous training** - running, biking or swimming for at least 30 minutes without stopping.

#### Creating a circuit training session

When planning and creating a session, you need to consider what component of fitness you want to improve and what the sport is. For example, a football player would include more leg exercises with high reps to improve their lower body muscular endurance.

If a boxer wanted to improve their muscular strength in their arms they could plan 6 exercises that focus on the biceps, triceps, pectorals and deltoids. They would use heavier weights and complete lower reps with 1 - 2 minutes between each station in the circuit training session.