

# SUBJECT: PE

## UNIT: Year 9 - Fitness



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#### Fitness testing - understanding VO2 Max

VO2 max is the amount of oxygen your heart, lungs and muscles can use the oxygen while exercising. It is a way to measure how much oxygen is being passed through the heart and lungs before it enters with working muscles.

#### Normative data tables:

Normative data tables are used to compare athletes results from fitness tests. Each table is different and considers the athletes age and gender.

#### Validity and reliability

**Validity:** A fitness test is only valid if the score is calculated using the correct procedures. Validity means that the test actually tests what it says it will test. For example, the Illinois agility test measures agility.

**Reliability:** A fitness test is only reliable if similar results are gained when the test is repeated.

#### 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.

#### 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.