

1. Andrew is a footballer who plays for his school football team. He is recently coming back from injury and his coach refuses to play him for the full 90 minutes as he says Andrew is not match fit.

Which part of the FITT principle should Andrew work on: (circle one)

Frequency

Intensity

Time

Type

Justify your answer

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- 1) Speed is how long it takes for an individual or an object to travel a certain distance and the faster something moves, the greater the speed. What is the equation to summarise speed?

Speed =

- 2) A Rugby player has 1 hour every Tuesday where he needs to improve his leg, arm and core strength. What training method could he use to improve this?

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- 3) Define flexibility

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- 4) State how you could improve your flexibility?

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5) There are 2 main types of stretching; active and passive

Explain what is meant by passive stretching?

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6) Explain what is meant by the term **Body composition**.

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7) Using correct terminology, state the 3 parts to a warm up

- 1.
- 2.
- 3.

8) Elite performers aim to be the best. Below are some incomplete definitions about principles of training. Complete the following definitions by choosing from the following words:

Progressive overload

Specificity

Adaptation

\_\_\_\_\_ - By ensuring that you progressively overload your body during training you are encouraging it to adapt to the new stresses being placed on it and it becomes stronger or faster than it was as a result. This happens during the recovery period of a training session

\_\_\_\_\_ - Individuals must focus training on activities relevant to an individual's sporting goals and needs

9) What is over training and how can it be prevented?

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10) The photographs below show sports performers using free weights. Each is a different exercise. Name the exercise each one is performing



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11) Name the 3 main muscles in the legs that are being used in the 2 pictures above.

- 1.
- 2.
- 3.

12) Explain why is **Co-ordination** is so important in Basketball.

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13) Three friends go to the gym together to try and improve their fitness. They run on the treadmill at a constant speed for 40 minutes.

What type of training is this known as?

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14) If they varied their speed by walking, jogging and then sprinting for set times and repeated this for 40 minutes, what type of training would this be known as?

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15) The multi stage fitness test is completed to test your VO2 max.

VO2 max is a measure of; (circle one)

- A) Muscular endurance
- B) Aerobic endurance
- C) Stamina

16) Two friends of similar health and fitness complete the multi stage fitness test.

One reaches level 10.7 and the other reaches a mere 5.7

Explain why this may be and why this test is not always reliable?

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17) Describe Interval training.

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18) Explain when **Reaction time** would be used in a sport of your choice.

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19) How do you calculate your maximum heart rate?

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20) Calculate your maximum HR.

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21) How can you minimise the risk of injury?

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22) When is strength used in everyday activities?

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23) To be “fit for sport” you only need physical fitness rather than physical and skill related fitness.

True or False (please delete)

24) Why is the purpose/benefit of completing a pulse raiser before exercise?

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On a scale of 1 – 4 (and be honest) how much did you revise for this test?

1 – I didn't

2 – A little bit but not enough

3 – Some, more than average

4 - Lots