

**NAME:**

# **GCSE PE**

# **TOPIC 1.1.4**

## **Revision Booklet**

# **Assessing Your Fitness Levels**

**PARQ:**

**BENCHMARKING:**

**CORRECT PROTOCOL:**

## **HEALTH-RELATED EXERCISE FITNESS TESTS**

**COOPER 12 MINUTE RUN:**

**HAND GRIP STRENGTH TEST:**

**ONE MINUTE PRESS-UPS / SIT-UPS:**

**SIT AND REACH FLEXIBILITY TEST:**

**HARVARD STEP TEST:**

## **TASK**

Using your knowledge of skills required in certain sports explain 2 health related fitness tests that you would expect a professional in the following sports to excel in and explain why?

**FOOTBALL**

**SWIMMING**

**BADMINTON**

**GOLF**

## **SKILL-RELATED FITNESS TESTS**

ILLINOIS AGILTY RUN:

STANDING STORK TEST:

SERGEANT JUMP TEST:

STANDING BROAD JUMP:

RULER DROP TEST:

30 METRE SPRINT:

THREE BALL JUGGLE:

## **TASK**

Again using your knowledge of skills required in certain sports explain 2 skill related fitness tests that you would expect a professional in the following sports to excel in and explain why?

**NETBALL**

**SPRINTING**

**TENNIS**

**BASEBALL**

## **Principles of Fitness**

Individual Needs / Differences:

Specificity:

Progressive Overload:

Rest and Recovery:

Reversibility:

## **The F.I.T.T. Principle of Training**

The FITT principle works with the principle of progressive overload to develop an athlete's fitness levels.

F =

I =

T =

T =

## Goal Setting

- Goals are there to help motivate and push an athlete.
- Goals can either be designed on fitness levels or performance within an activity.
  - When setting goals you should follow SMART:

**S =**

**M =**

**A =**

**R =**

**T =**

## **METHODS OF TRAINING**

### **INTERVAL TRAINING:**

How would you 'PROGRESSIVELY OVERLOAD' this type of sessions?

### **CONTINUOUS TRAINING:**

How would you 'PROGRESSIVELY OVERLOAD' this type of sessions?

### **FARTLEK TRAINING:**

How would you 'PROGRESSIVELY OVERLOAD' this type of sessions?

### **CIRCUIT TRAINING:**

How would you 'PROGRESSIVELY OVERLOAD' this type of sessions?



## **WEIGHT TRAINING:**

How would you 'PROGRESSIVELY OVERLOAD' this type of sessions?

## **CROSS TRAINING:**

### **LINKING TRAINING METHODS TO SPORTS**

Using cross training, explain which two methods of training you would use to prepare for these sports?

**Tennis**

**Rugby**

**THE EXERCISE SESSION**

**WARM-UP**

CARDIOVASCULAR WARM-UP:

STATIC Stretching:

DYNAMIC (Ballistic) Stretching:

**SPECIFIC SKILLS PRACTICE**

**MAIN ACTIVITY or EVENT**

**COOLING DOWN**

## **AEROBIC FITNESS**

SPORTING EXAMPLES:

## **ANAEROBIC FITNESS**

SPORTING EXAMPLES:

## **Analysing Training**

MEASURING HEART RATE:

HEART RATE:

RESTING HEART RATE:

WORKING HEART RATE:

MAXIMUM HEART RATE:

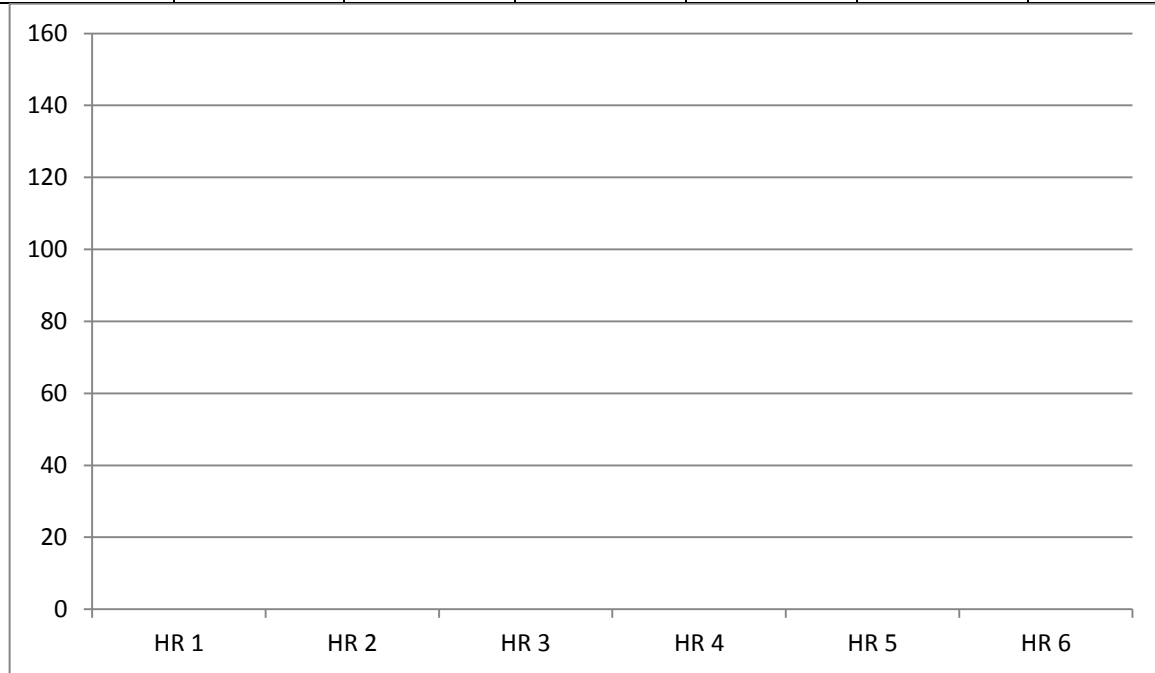
TARGET ZONE:

RECOVERY RATE:

**Exam Style Question**

Place these heart rates in the chart to create a line graph?

Performer 1	50	158	120	156	133	100
Performer 2	60	123	125	126	130	70



Answer the following questions in relation to the graph above:

- 1) What type of training session would you say performer 1 was taking part in, explaining your answer?

2) What type of training session would you say performer 2 was taking part in, explaining your answer?

3) What is the resting heart rate of both performers, stating how you know this answer?

4) Which performer had the most efficient recovery rate, stating how you know this?

5) Name a sport which performer 1 could be training for, explaining your answer?