Which health related COF would be needed the most for a weight lifter.

Which athlete needs agility more. A 100m runner or basketball player? why?

Give an example of how John can increase his intensity when exercising.

Power is a combination of which two COF

The ability to use two body parts with control is known as?

The make up of fat, muscle and bone on the body links to which COF

Three types of Muscular strength

Sta

Dyn

Exl

Why does a long distance runner need good Cardio-vasuclar endurance?

Why does the long distance runner need good flexibility?

Sarah varies her training to prevent boredom. Which principle of SPORT is being applied?

Sarah becomes ill and is unable to train for 3 weeks. Which principle of SPORT has occurred?

Sarah varies her training each week to prevent boredom. Which principle of sport is being used

Sarah increases the weight gradually by 5kg each week. Which principle of sport is being used?

If John decides to train three times a week which FITT principle is used?

If John is training for a bike race and adds a bike to his training what SPORT principle is used?

UNIT 1 – Components of fitness and principles

Health is a complete state of

P

M

S

Wellbeing.

What are the advanced principles?

S

P

O

R

T

Who is fitter out of a long distance runner and a weight lifter?

What does FITT stand for?

F

I

T

T

Can you be fit but not healthy? Explain.

Skill Related components of fitness

C

R

A

B

S

P

Health relate components of fitness

B

F

M

M

C

Fitness is the ability of the

b………………………. to meet the needs of the e……………………….