SPORT SCIENCE R181 PART 1

TOPIC AREA 1

10 Components of Fitness

1. Cardiovascular endurance
2. Muscular endurance
3. Strength
4. Flexibility
5. Agility
6. Balance
7. Co-oridnation
8. Power
9. Reaction Time
10. Speed

Reasons for Fitness Testing

- Identify Strengths
- Compare score against normative table of data
- Give yourself an incentive
- To monitor progress

Fitness Tests:

Balance → Stork Stand Test → Gymnastics
CV Fitness → Multistage Fitness Test → Marathon
Maximal Strength → One Rep Max Test → Rugby
Reaction Time → Ruler Drop Test → Sprinting
Speed → 30m Sprint → Sprinting
Power → Vertical Jump → Football
Flexibility → Sit & Reach → Gymnastics
Agility → Illinois Agility Test → Tennis
Co-ordination → Wall Toss Test → Cricket
Muscular Endurance → One Minute Sit Up → Swimming

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TOPIC AREA 2

FIIT Principle:

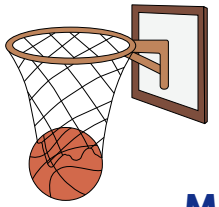
- Frequency → How often training takes place
- Intensity → How 'hard' training is
- Time → How long training lasts
- Type → What type of training is uses

Aerobic Respiration:

Glucose + Oxygen = Energy + CO2 + Water

Anaerobic Respiration:

Glucose = Energy + Lactic Acid



Smart Goals

S - Specific
M - Measurable
A - Achievable
R - Realistic
T - Timed

Principles of Training:

SPOR
Specificity
Progression
Overload
Reversibility

7 Types of Training

- Continuous Training
- Static Stretching
- Fartlek Training
- Circuit Training
- Interval Training
- Plyometrics
- Weight Training