

Unit R181: Applying the principles of training: fitness and how it affects skill performance (Topic Area 1: Components of fitness applied in sport)

Step 5: Complete assignment

Time to write up/check and complete assignment.

Step 4: Collect and interpret the results of fitness tests and identify the strengths/areas for improvement

Collect and interpret the results of fitness tests against normative data ,considering validity and reliability.

The strengths and areas of improvement indicated by each fitness test result
How the fitness test results indicate the likelihood of success in each sport.
Write up assignment

Step 3: Assess components of fitness

Describe how to conduct a fitness test for each component of fitness/Conduct all fitness tests
(practical session) Write up assignment

Step 1: Relevance of components of fitness to different sports

The definition of, and suitable fitness tests used, to measure each component of fitness:

Cardiovascular endurance/ stamina , Muscular endurance, Speed, Strength, Power, Agility, Balance, Flexibility, Coordination, Reaction Time. (Practical sessions included)

Write up assignment

Step 2: Fitness component requirements of sports

Describe how each component is important in two different sport and justify which components of fitness are the most important (two most important for each sport) – Practical Session included (write up assignment)