

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

Step 8: Complete assignment

Time to write up and complete R181 assignment

Step 7: Application of components of fitness to skill performance /Collect, record, and interpret the results of skill based fitness tests:

Collect, record, and interpret the results of skill based fitness tests:

Use of appropriate units

Step 6: Application of components of fitness to skill performance /conduct the skills based fitness test

Completing drills/tests adapted for skills
Undertake the skill test/drill that will improve the identified components of fitness (**Practical session**)

Step 5: Application of components of fitness to skill performance /devise a skill based fitness test

Devising skill based fitness tests: Devise your own skills test which also targets a component of fitness

Realistic to a full performance situation

Procedures

How to collect and record results



resilience



Pride



COLLEGE