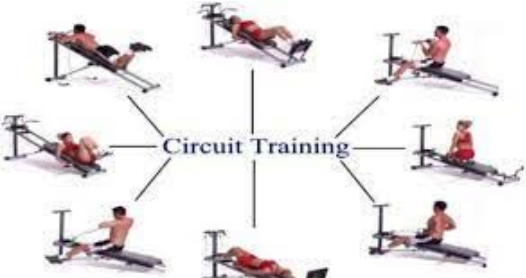


Methods of training	Health components of fitness	Training principles
<p><b>Continuous Training</b> involves performing an activity such as <b>jogging, swimming, cycling or rowing for an extended period of time like 30 minutes.</b></p> <p>It can also be <b>Fartlek training</b> <u>(do extra reading)</u></p>	<p><b>Cardiovascular endurance</b> Is the ability to continuously exercise without tiring. The test is 12-minute cooper run</p>	<p><b>Specificity</b> Means focusing on the training activities relevant for your sport. For example, a footballer would improve cardiovascular endurance to help their respiratory system last for 90 minutes</p>
<p><b>Circuit Training</b> consists of a series of <b>8-10 stations arranged in order and to develop general fitness and muscular endurance.</b></p>	<p><b>Muscular Endurance</b> The ability of the muscles or group of muscles in the body to repeatedly contract or keep without rest. The Test is 1 minute press up or 1 minute sit up</p>	<p><b>Progression</b> Is gradually increasing the amount of stress we place of the organs and muscles to slowly improve the body's ability. For example, slowly increasing each week how much weight you lift by 5KG each time.</p>
<p><b>Flexibility Training</b> should be completed in all training sessions, it involves different types of stretching such as <b>Static, Passive, Active, PNF and dynamic</b> <u>(do extra reading)</u></p>	<p><b>Flexibility</b> The range of movement around a joint</p>	<p><b>Moderation</b> When we exercise ,we must take into account the person's ability to exercise. By taking into account their health, age, gender, disability, experience, local environment</p>
<p><b>Resistance training</b> is effectively improving strength using resistant machines or free weights.</p>	<p><b>Muscular Strength</b> Is The amount of force a muscle can exert in a short period of time. The test is the hand grip dynamometer</p>	<p><b>Reversibility</b> This is where you may get injured through training and lose the fitness, muscles strength previously gained.</p>
<p>Plyometrics training is designed to improve strength and power. BY doing exercises like jumping and bounding.</p>	<p><b>Body Composition</b> Measures how much of the body is made up of muscle or fat</p>	<p><b>Variance –</b> <b>To not get bored of training you need to have different challenges and experiences.</b></p>
<p>Fitness Tests Cardiovascular Endurance – 12 cooper run Muscular Endurance – Press up / sit up test Flexibility – Sit and reach test Strength – IRM / Handgrip Test Body Composition – Skin Fold Test</p>		<p><b>FITTA</b></p> <ul style="list-style-type: none"> <li>• <b>Frequency – how many</b></li> <li>• <b>Intensity how hard</b></li> <li>• <b>Type with method of training</b></li> <li>• <b>Time – How lone will you train for</b></li> <li>• <b>Adherence – How committed you are</b></li> </ul>

Self-Quiz Questions	Self-Quiz Questions
1. What is the definition of muscular endurance?	1. What does FITTA mean?
2. What is the definition of strength?	2. What is meant by the team adherence?
3. What is the definition of cardiovascular endurance?	3. What is the benefit of progression?
4. What is the definition of flexibility?	4. How is reversibility caused?
5. What is the definition of body composition?	5. How many stations are used in circuit training?
6. Give an example of sport that needs cardiovascular endurance?	6. Name a type of flexibility training?
7. Give an example of sport that needs strength?	7. What is the benefit of keeping training varied?
8. Give an example of sport that needs flexibility?	8. A weightlifter would find what type of training beneficial to improve strength?
9. Name the component of fitness a dancer would need the most?	9. What component of fitness would a pole vaulted need to take into consideration?
10. Name the component of fitness a marathon would need the most?	10. Explain the term moderation with 2 examples.
Total score	Total score

Self-Quiz Questions	Self-Quiz Questions
1. What is the definition of muscular endurance? The ability of the muscles or group of muscles in the body to repeatedly contract or keep without rest.	1. What does FITTA mean? 2. Frequency, Intensity, Time, Type, Adherence
2. What is the definition of strength? Is <i>The amount of force a muscle can exert in a short period of time.</i>	2. What is meant by the term adherence? Showing commitment
3. What is the definition of cardiovascular endurance	3. What is the benefit of progression? Slowly improves without getting injured
4. What is the definition of flexibility? Is <i>The ability of the muscles or group of muscles in the body to repeatedly contract or keep without rest. The Test is the sit and reach</i>	4. How is reversibility caused? Injury or lack of training
5. What is the test for strength? The test is the hand grip dynamometer	5. How many stations are used in circuit training? 8-10
6. Give an example of sport that needs cardiovascular endurance? Football, rugby, hockey, marathon running, triathlon, cycling	6. Name a type of flexibility training? Static, dynamic, active, passive, PNF
7. Give an example of sport that needs strength? Rugby, boxing, football	7. What is the benefit of keeping training varied? So it's not boring, keep motivated to improve
8. Give an example of sport that needs flexibility? Dance, gymnastics, goal keeper	8. A weightlifter would find what type of training beneficial to improve strength? Resistance – free weight or resistance machines
9. Name the component of fitness a dancer would need the most? Flexibility	9. What component of fitness would a pole vaulter need to take into consideration? Body composition
10. Name the component of fitness a marathon runner would need the most? Cardiovascular endurance	10. Explain the term moderation with 2 examples. When we exercise we must take into account the person's ability to exercise, with health, age, gender, disability, experience, local environment
Total score	Total score