Revision Booklet

BTEC TECH AWARD Sport

Name:

Components of Fitness

Component of Fitness	Physical	Skill	Fitness Test	Training Method
Cardiovascular Endurance	X			
Muscular Endurance	X			
Body Composition	X			

Agility		**X**		
Balance		**X**		
Reaction Time		**X**		
Coordination		**X**		
Flexibility	**X**			
Speed	**X**			
Power		**X**		
Strength	**X**			

Pre Test Procedures

1.
This is important because……
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2.
This is important because……
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3.
This is important because……
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4.
This is important because……
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Intensities Revision

What is the equation to work out someone's maximum heart rate?
……..

Aerobic Training Zone - ……
Anaerobic Training Zone - ……

HR Max X 0.6
HR Max X 0.8

HR Max X 0.8
HR Max X 0.9

Francesca

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Patrick

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Chloe

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Intensities Revision

Rating of Perceived Exertion - BORG SCALE

An athlete can use the borg scale to work out an estimation of their heart rate. Once chosen the rating from the borg scale follows the equation.

HR (bpm) = RPE X 10

6	No exertion at all
7	Extremely light
8	
9	Very light
10	
11	Light
12	Moderate
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal Exertion

6 Mark Practice

Laura is a basketball player. Her coach is deciding on a training method that would help to improve her performance.

Assess the effectiveness of plyometrics and free weights training to help Laura improve her performance in basketball.

Number of Marks	What's written	How its written
5-6 Marks	The answer is mostly accurate showing detailed knowledge and understanding, and most points are relevant to the question. There is a fully supported conclusion.	The links between the point and the contect is clear. The answer clearly considers the importance of the factors or the events within the context leading to supported judgements.
3-4 Marks	The answer shows some good knowledge and understanding, and some of the points made are relevant to the question. There is a partially supported conclusion	The link between the points and the context is sometimes clear. There is some attempt to evaluate the factors or events and their importance.
1-2 Marks	The answer shows only limited knowledge and understanding and only a few points made are relevant to the question. There is no conclusion or it is unsupported.	There is no link between the points made and the context, or the link is unclear.
0 Marks	There is no relevant information	There is no relevant information

6 Mark Practice

Answer 1

Although plyometrics and free weight training is important for a basketball player, so is continuous training to help build up their aerobic endurance. Plyometrics does help to build power and free weights does help to increase a persons muscular strength.

Read Answer 2, refer to the markscheme and mark the answer giving a justification.

Answer 2
Plyometrics helps to increase power, which will help a basketball player jump higher when rebounding a shot at their own basket. If a basketball player uses free weight training, it will increase their muscular strength allowing them to push off the ground harder and also produce more height. So, I think both training methods are vital for a basketball player like Laura.

How many marks would you give this answer?
Explain why.

I would give this answer _____ marks out of 6, because
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6 Mark Practice

Now you have a try at answering the question, using the mark scheme and help points.

Laura is a basketball player.Her coach is deciding on a training method that would help to improve her performance.

Assess the effectiveness of plyometrics and free weights training to help Laura improve her performance in basketball. (6 marks)

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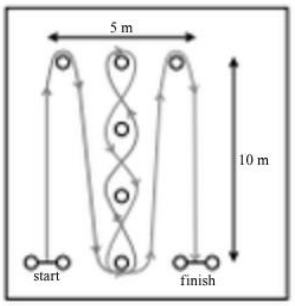
6 Mark Practice

Talia plays badminton at county level. She regularly takes part in fitness tests.

1 (a) Identify the fitness tests shown in pictures **A** and **B**.
Draw a straight line to match each picture to the correct fitness test.

A

B



30 metre sprint test	Yo-Yo test	Illinois agility run test	Grip dynamometer test	Margaria-Kalamen power test

[2]

(b) State **one** other test that measures the same component of fitness as the test shown in picture **B**.

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[1]

Talia's coach has identified components of fitness that she should improve.

2 Explain **two** considerations when designing a training programme for Talia.

1. .....

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2. .....

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[4]

6 Mark Practice

Talia thinks it is important to set goals within her training programme to remain focused.

3 Describe **two** different types of goal.

1. .....

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2. .....

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[2]

The first week of Talia's training programme is shown below.

Monday	Thursday	Saturday
Plyometrics 75% MHR 20 minutes	Continuous training (jogging) 70-80% MHR 40 minutes	Free weights (squat lifts and forearm curls) 5 reps, 3 sets 90% of 1RM

4 Evaluate the effectiveness of **two** of the training methods Talia is using to improve her performance in badminton.

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[6]