

Components of Fitness

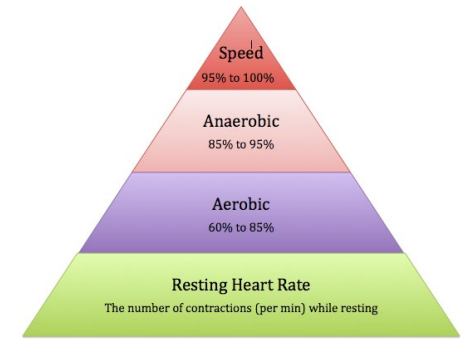
Fitness can be skill or health related



7	very, very light
8	
9	very light
10	
11	fairly light
12	
13	somewhat hard
14	
15	hard
16	
17	very hard
18	
19	very, very hard
20	

Exercise Intensity

How hard we exercise, measured by the Borg Scale



Health Related Components:

- Aerobic Endurance
- Muscular Endurance
- Body Composition
- Flexibility
- Speed
- Muscular Strength

BTEC

Sports Studies

Yr 11 Term 1

FITT Principle of Training:

- Frequency:** how often you train
- Intensity:** how hard you train
- Time:** how long each session lasts
- Type:** the form of exercise completed

Principles of Training: [SPORT]

- Specificity:** Meets the needs of the performer
- Progressive Overload:** Gradually increasing training intensity (use FITT)
- Adaptation:** Body adapts through training over time
- Reversibility:** If you don't use it you lose it
- Variation:** Make sure to vary it so you don't get bored
- Rest & Recovery:** Need to allow time for the body to recover for adaptation and to prevent overuse injuries

Skill Related Components:

- Agility
- Balance
- Coordination
- Power
- Reaction time

