

Learning Aim A: Explore the importance of fitness for sports performance	R	A	G
A.1a Describe 6 components of Physical Fitness			
A.1b Describe 5 components of skill related fitness			
A.1c Explain how the fitness components are used in different sports (particular focus on different positions in team sports)			
A.2a Understand the FITT principles of training and how they can be applied to training programmes			
A.2b Understand the additional principles of training and how they can be applied to training programmes			
A.3a Understand how to measure Heart rate			
A.3b Calculate max HR			
A.3c Calculate upper and lower training zones			
A.3d Use the Borg Scale (RPE) to measure exercise intensity.			
A.3e Know the relationship between RPE and HR			
Learning Aim B: Investigate fitness testing to determine fitness levels	R	A	G
B.1a Understand the reasons for fitness testing			
B.1b Describe the different pre-test procedures			
B.1c Understand how fitness tests are reliable, valid and practical			
B.2a Describe the fitness tests for Aerobic Endurance			
B.2b Describe the fitness tests for Muscular Endurance			
B.2c Describe the fitness tests for Muscular Strength			
B.2d Describe the fitness tests for Flexibility			
B.2e Describe the fitness tests for Speed			
B.2f Describe the fitness tests for Body Composition			
B.3a Describe the fitness tests for Agility			
B.3b Describe the fitness tests for Balance			
B.3c Describe the fitness tests for Coordination			
B.3d Describe the fitness tests for Power			
B.3e Describe the fitness tests for Reaction Time			
B.4 Explain and interpret the fitness test results from published normative data			
Learning Aim C: Investigate different fitness training methods	R	A	G
C.1a Understand what is involved in a Warm Up/Cool Down and why a Warm Up/Cool Down is important			
C.2a Describe the Aerobic Endurance Fitness Training Methods			
C.2b Describe the Muscular Endurance Fitness Training Methods			
C.2c Describe the Muscular Strength Fitness Training Methods			
C.2d Describe the Speed Fitness Training Methods			
C.2e Describe the Flexibility Fitness Training Methods			
C.3a Describe the Agility Fitness Training Methods			
C.3b Describe the Balance Fitness Training Methods			
C.3c Describe the Coordination Fitness Training Methods			
C.3d Describe the Power Fitness Training Methods			
C.3e Describe the Reaction Time Fitness Training Methods			
C.4 Explain the additional requirements for EACH of the fitness training methods for all components of fitness (Ads/Dis)			
C.5 Explain the provision for taking part in fitness training methods (Ads/Dis for Public, Private and Voluntary)			
C.6 Explain the effects of long term fitness training on the body systems			
Learning Aim D: Investigate fitness programming to improve fitness and sports performance	R	A	G
D.1 Describe the personal information required before planning a fitness training programme			
D.2 Be able to use personal information to design a fitness training programme			
D.3a Understand the different motivational techniques for fitness training programming (intrinsic/extrinsic)			
D.3b Understand how SMARTER can be used to set goals			
D.3c Understand how effective goal setting can influence motivation levels			