

Weekly Topics

<p>1 cont. (1 hour)</p>	<p>Topic A.1 Components of physical fitness:</p> <ul style="list-style-type: none"> ● aerobic endurance, muscular endurance, flexibility, speed, muscular strength, body composition. <p>Topic A.2 Components of skill-related fitness:</p> <ul style="list-style-type: none"> ● agility, balance, coordination, power, reaction time, components for sports performance.
<p>2 (1 hour)</p>	<p>Topic A.3 Why fitness components are important for successful participation in given sports in terms of:</p> <ul style="list-style-type: none"> ● being able to successfully meet the physical demands of the sport in order to reach optimal performance ● being able to successfully meet the skill-related demands of the sport in order to reach optimal performance ● being able to perform efficiently ● giving due consideration to the type of event/position played.
<p>3 (1 hour)</p>	<p>Topic A.4 Exercise intensity and how it can be determined:</p> <ul style="list-style-type: none"> ● intensity – be able to measure heart rate (HR) and apply HR intensity to fitness training methods ● know about target zones and training thresholds. Be able to calculate training zones and apply HR max to training: HR max = 220 – age (years) ● be able to calculate 60–85% HR max and know that this is the recommended training zone for cardiovascular health and fitness.
<p>4 (1 hour)</p>	<p>Topic A.4 cont.:</p> <ul style="list-style-type: none"> ● know that the Borg (1970) (6–20) Rating of Perceived Exertion (RPE) Scale can be used as a measure of exercise intensity ● know about the relationship between RPE and heart rate where: RPE x 10 = HR (bpm) ● application of the FITT principles to training methods, regimes and given exercise situations.
<p>5 (2 hours)</p>	<p>Topic A.5 The basic principles of training (FITT):</p>

Weekly Topics

	<ul style="list-style-type: none"> ● frequency: the number of training sessions completed over a period of time, usually per week ● intensity: how hard an individual will train ● time: how long an individual will train for ● type: how an individual will train by selecting a training method to improve a specific component of fitness and/or their sports performance. <p>Topic A.6 Additional principles of training:</p> <ul style="list-style-type: none"> ● progressive overload ● specificity ● individual differences/needs ● adaptation ● reversibility ● variation ● rest and recovery ● application of the principles of training to training methods, regimes and given exercise settings.
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Learning aim B: Explore different fitness training methods

<p>6 (2 hours)</p>	<p>Topic B.1 Requirements for each of the following fitness training methods:</p> <ul style="list-style-type: none"> ● safe, correct use of equipment ● safe, correct use of training technique ● requirements for undertaking the fitness training method ● application of the basic principles of training (FITT) for each fitness training method ● linking each fitness training method to the associated health-related/skill-related component of fitness. <p>Topic B.2 Additional requirements for each of the fitness training methods:</p> <ul style="list-style-type: none"> ● advantages/disadvantages ● application of exercise intensity to fitness training methods ● application of principles of training to fitness training methods ● appropriate application of fitness training method(s) for given situation(s) ● appropriate application of fitness training method(s) to given client needs, goals, aims and objectives. <p>Topic B.3 Fitness training methods for:</p>
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Weekly Topics

	<ul style="list-style-type: none"> flexibility training: static, ballistic, PNF technique.
7 (2 hours)	<p>Topic B.3 cont.:</p> <ul style="list-style-type: none"> strength, muscular endurance and power training: <ul style="list-style-type: none"> ○ circuit training aerobic endurance: <ul style="list-style-type: none"> ○ circuit training.
8 (2 hours)	<p>Topic B.3 cont.:</p> <ul style="list-style-type: none"> free weights.
9 (1 hour)	<p>Topic B.3 cont.:</p> <ul style="list-style-type: none"> plyometrics.
10 (2 hours)	<p>Topic B.3 cont.:</p> <ul style="list-style-type: none"> aerobic endurance training: <ul style="list-style-type: none"> ○ continuous training ○ fartlek training ○ interval training ○ circuit training.
11 (1 hour)	<p>Topic B.3 cont.:</p> <ul style="list-style-type: none"> speed training: <ul style="list-style-type: none"> ○ hollow sprints ○ acceleration sprints ○ interval training.

Learning aim C: Investigate fitness testing to determine fitness levels

12 (2 hours)	<p>Topic C.2 Importance of fitness testing to sports performers and coaches:</p> <ul style="list-style-type: none"> baseline data training programme design goal setting. <p>Topic C.3 Requirements for administration of each fitness test:</p> <ul style="list-style-type: none"> pre-test procedures standard test methods/equipment purpose of each test measurement and processing of test results selection of appropriate fitness tests
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	<ul style="list-style-type: none"> ● reliability, validity and practicality ● advantages and disadvantages.
13 (2 hours)	<p>Topic C.1 Fitness test methods for components of fitness</p> <p>Topic C.3 Requirements for administration of each fitness test</p> <p>Topic C.4 Interpretation of fitness test results:</p> <p>In the context of:</p> <ul style="list-style-type: none"> ● flexibility: sit and reach test ● strength: grip dynamometer.
14 (1 hour)	<p>Topics C.1, C.3 and C.4 cont.:</p> <p>In the context of aerobic endurance:</p> <ul style="list-style-type: none"> ● multi-stage fitness test ● definition of VO₂ max.
15 (1 hour)	<p>Topics C.1, C.3 and C.4 cont.:</p> <p>In the context of aerobic endurance:</p> <ul style="list-style-type: none"> ● forestry step test.
16 (1 hour)	<p>Topics C.1, C.3 and C.4 cont.:</p> <p>In the context of:</p> <ul style="list-style-type: none"> ● speed: 35m sprint ● speed and agility: Illinois agility run test.
17 (2 hours)	<p>Topics C.1, C.3 and C.4 cont.:</p> <p>In the context of:</p> <ul style="list-style-type: none"> ● anaerobic power: vertical jump test ● muscular endurance: one-minute press-up, one-minute sit-up.
18 (2 hours)	<p>Topics C.1, C.3 and C.4 cont.:</p> <p>In the context of body composition:</p> <ul style="list-style-type: none"> ● Body Mass Index (BMI) ● Bioelectrical Impedance Analysis (BIA).
19 (1 hour)	<p>Topics C.1, C.3 and C.4 cont.:</p> <p>In the context of body composition:</p> <ul style="list-style-type: none"> ● skinfold testing.
20	<p>Topics C.1, C.3 and C.4 cont.:</p> <p>In the context of body composition:</p>

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(2 hours)	<ul style="list-style-type: none"><li data-bbox="357 203 592 230">• skinfold testing.
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