

## Unit 1 Overview- BTEC Sport YEAR 11- Fitness for Sport and Exercise: (exam)

You will learn about the components of fitness and the principles of training. You will also explore different fitness training methods and investigate fitness testing to determine your fitness levels. You will be relating the content you learn in theory into your own practical performance.

You will be able to:

- Demonstrate knowledge and understanding of factors that underpin performance and involvement in physical activity and sport.
- Apply knowledge and understanding of factors that underpin performance and involvement into practical situation and your own training and fitness.
- Analyse and justify factors that can increase sports performance and apply to your own training.

<p><b>Lesson Overview</b></p> <ul style="list-style-type: none"> <li>- Components of physical and skill related fitness</li> <li>- Exercise intensity</li> <li>- Principles of training and additional principles of training</li> <li>- Purpose of warm up and cool down</li> <li>- Fitness testing methods for components of fitness</li> <li>- Types of training methods</li> <li>- Importance of testing and requirements for administrating testing</li> <li>- Interpretation of results</li> </ul>	<p><b>Key Words</b></p> <p><b>Aerobic/Cardiovascular</b> – the efficiency of the body to supply nutrients and oxygen to working muscles</p> <p><b>Anaerobic</b> – without Oxygen</p> <p><b>Body composition</b> – the fat mass to fat free mass in the body (shape and size).</p> <p><b>Co-ordination</b> - the ability to link body parts together to perform movement efficiently and accurately.</p> <p><b>Intensity</b> – How Hard you work during exercise.</p> <p><b>Heart rate (HR)</b> – the amount your heart beats per minute (bpm).</p> <p><b>Perceived</b> – How hard I think I am working.</p> <p><b>Adaption</b> – how your body responds after exercise.</p> <p><b>Variation</b> – changing activities to make them fun, interesting and motivated to do them.</p> <p><b>Plyometric</b> – specific power and strength exercises</p> <p><b>Repetitions</b> - The number of times you perform a specific exercise during a set.</p> <p><b>Reliability</b> - the extent to which a test is repeatable</p> <p><b>Validity</b> - the extent to which a test measures what it is supposed to be measuring</p> <p><b>Practicality</b> - the extent to which it is possible to carry out a test.</p>
<p><b>Suggested reading or support available</b></p> <p>Pearson BTEC First in Sport Revision Book Pearson BTEC First in Sport Revision Work Book</p> <p><b>Careers Link:</b></p> <p>Sports Coach Elite Sports Performer Personal Training</p>	<p><b>Cross curricular</b></p> <p><b>SMSC:</b></p> <p>Cultural aspect of different sports Working together Respecting other views Character Skills</p> <p><b>Literacy:</b></p> <p>Key Words Giving Feedback to others</p> <p><b>Numeracy:</b></p> <p>Measurements, distances, times, HR zones</p>