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| **Subject Content** | **RAG/123** | **Actions to improve knowledge** |
| **Topic 1 Components of fitness** |  |  |
| aerobic endurance |  |  |
| muscular endurance |  |  |
| flexibility |  |  |
| Speed- accelerative speed, pure speed and speed endurance. |  |  |
| muscular strength |  |  |
| body composition |  |  |
| Agility |  |  |
| Balance- static and dynamic |  |  |
| coordination |  |  |
| power |  |  |
| reaction time |  |  |
| **Topic 2 Exercise intensity** |  |  |
| Aerobic and anaerobic target zones  |  |  |
| Calculate Max HR |  |  |
| Calculating % of Max HR  |  |  |
| Borg Scale/Rating of Perceived Exertion (RPE)  |  |  |
| Calculating % of 1RM for strength endurance, elastic strength and maximum strength weight training |  |  |
| RPE x 10 = HR (bpm) |  |  |
| **Topic 3 Principles of training** |  |  |
| progressive overload |  |  |
| frequency |  |  |
| intensity |  |  |
| time |  |  |
| type |  |  |
| specificity |  |  |
| individual differences/needs |  |  |
| adaptation |  |  |
| reversibility |  |  |
| variation |  |  |
| **Topic 4 Fitness Training Methods** |  |  |
| Static Stretching- Active and Passive |  |  |
| Ballistic stretching |  |  |
| PNF Stretching |  |  |
| Circuit |  |  |
| Weight training |  |  |
| Plyometrics |  |  |
| Continuous |  |  |
| Fartlek |  |  |
| Interval |  |  |
| Hollow sprints |  |  |
| Acceleration sprints |  |  |
| advantages and disadvantages of fitness training methods |  |  |
| **Topic 5 Fitness tests** |  |  |
| Sit and reach |  |  |
| Grip Dynometer |  |  |
| multi-stage fitness test |  |  |
| forestry step test |  |  |
| 35m sprint |  |  |
| Illinois agility run |  |  |
| vertical jump |  |  |
| one-minute press-up/sit up text |  |  |
| Body Mass Index (BMI) |  |  |
| Bioelectrical Impedance Analysis (BIA) |  |  |
| Skinfold/Jackson-Pollock nomogram |  |  |
| Understand terms ‘reliability’, ‘validity’ and ‘practicality’ |  |  |
| pre-test procedures |  |  |
| advantages and disadvantages of fitness test methods |  |  |