00
Beckfoot
Becktoot

ہے۔ Beck	D., foot		BTEC SP	ORT	ARNING AI	MA Year G					Group: 10/11			enjoy learn succeed		
	Physical Components of fitness							Skill Related Components o							tness	
1.			FLEXIBILITY	all joints of the	quate range of motion in body; the ability to move hrough its complete range	GYMNAST PERFORMING THE SPLITS		10.	BALANCE			The ability a base of s		centro	e of mass over	
2.	2		SPEED	Speed is measu	ed by the time taken. ured in metres per second	RUNNING 100M IN 9.67S		11.	2 TY	PES OF BA	ALANCE	Static	Athlete remains st	ill	HEADSTAND	
				(m/s).		HIGH JUMP RUN						Dynamic	Athlete is moving		CARTWHEEL	
				Accelerative	Sprints up to 30 m	UP	Ī		F		COORDINATION		th flow of t needed to		A TENNIS SERVE	
3.	3	TYPES	OF SPEED	Pure	Sprints up to 60 m	HOCKEY WINGER		12.	(p				motor task y and			
				Endurance	Sprints with a short recovery in-between	FOOTBALLER						accurately				
4		r	BODY COMPOSITION		tio of fat mass to fat-free ans, muscle, bone) in the	LONG DISTANCE RUNNERS NEED LOW BODY FAT		13.	Č	REAC	FION TIME	The time taken for a sports performer to respond to a stimulus and the initiation of their response.			A SPRINTER RESPONDING TO THE STARTING GUN	
5.			AEROBIC ENDURANCE	system to work nutrients and c	he cardiorespiratory k efficiently, supplying oxygen to working muscles ed physical activity	MARATHON RUNNER		14.		AGILI	ΓY	performer precisely r	of a sports to quickly ar nove or rection witho		A RUGBY PLAYER DODGING	
6.			INTS OF THE	1. HEART 2. AIRWAYS	BLOOD 3. BLOOD VESSEL	S 4. LUNGS 5.				, 		losing balance or time.			DEFENDERS	
7.	FU	ΝΟΤΙΟ	NS OF THE IROTY SYSTEM	 Breathe ir Transport 	n oxygen from the air oxygen and nutrients vaste products			15. POWER		The product of strength and speed		1	A BOXER PERFORMING A JAB			
					he muscular system to					Ph	ysical C	.O.F Ac	ronym			
8		a	MUSCULAR ENDURANCE	continue contr	y, where a muscle can acting over a period of light to moderate fixed l.	A LONG- DISTANCE CYCLIST		F	•	S	В	A	N	Λ	М	
			MUSCULAR		force (in kg or N) that can					S	kill C.O	ill C.O.F Acronym				
9.			STRENGTH	be generated b group.	by a muscle or muscle	WEIGHTLIFTER			В	С		R	А		Р	



BTEC SPORT LEARNING AIM A

Year Group: 10/11



Beckfoo	Dt										•-
		Exe	rcise Intens	sity			Additio	onal Princip	ples of Training		
16.	100%	MAXIMUM HEART RATE	Used as a measur Calculation: 220-, Measured in bpm			23.		<u>V</u> ARIATION	It is important to vary the training regime to avoid boredom and maintain enjoyment	Running in different locations	
			Training Zone	% of N	1HR					The programme should be designed to meet individual training goals and needs.	Time,
17.		TRAINING ZONES	Aerobic	60%-8	5%	Long distance runner	24.		<u>I</u> NDIVIDUAL NEEDS		money, lifestyle, injury
			Anaerobic	85%-9	5%	100m Sprinter					піјагу
18.	Non-base of the sector Annual sector 1 Annual sector 2 Annual sector 3 Annual sector 4 Annual sector 0 Annual sector	BORG RPE SCALE	Scale is from 6-20 Used as an estima RPE x 10 = Estima	ate of int	,	RPE Score = 14 Estimated HR = 140 bpm	25.		<u>P</u> ROGRESSIVE OVERALD	In order to progress, training needs to be demanding enough to cause the body to adapt, improving performance.	F.I.T.T.
Principles of Training						TZZZ		Rest and recovery are	Time		
19.		HOW OFTEN YOU		ΥΟυ	3 D	3 DAYS PER WEEK			<u>R</u> EST & RECOVERY	required so that the body can recover from the training and to allow adaptation to occur	between sets Having rest days
20.		INTENSITY HOW HARD YOU TRAIN 75% OF MAX HR		% of Max Hr	27.	A suff	<u>A</u> DAPTATIONS	In order to progress, training needs to be demanding enough to cause the body to adapt, improving performance.	Muscle hypertrophy Muscle atrophy		
21.		TIME HOW LONG YOU TRAIN FOR 35-MINUTE RUN		-MINUTE RUN	28.		<u>R</u> eversibilty	If training stops, or the intensity of training is not sufficient to cause adaptation, training effects are reversed.	Fitness levels decreasing when injured		
22.	TYPE HOW YOU TRAIN		INTE	ERVAL TRAINING	29.		<u>s</u> peciificity	Training should be specific to the individual's sport, activity or physical/skill- related fitness goals to be developed.	Marathon runner using continuous training		

-0D-	
Beckfoot	

1.

2.

3.

4.

5.

6.

7.

8.

9.

STRENGTH

group.

The maximum force (in kg or N) that can be generated by a muscle or muscle

oot	BTEC SP	ORT	LEARNINGAIMA						Year G	iroup:	10/11	enjoy learn succeed	
	Physical Co	ompone	nts of fitness			Skill Components of Fitness							
	FLEXIBILITY	all joints of th	quate range of motion in e body; the ability to move through its complete range	GYMNAST PERFORMING THE SPLITS		10.	10. BA		NCE	The ability a base of s		ntre of mass over	
2	SPEED		ed by the time taken. ured in metres per second	RUNNING 100M IN 9.67S		11.	2 TYPES OF BALANCE			Static	Athlete remains still	HEADSTAND	
		(m/s).	1							Dynamic	Athlete is moving	CARTWHEEL	
		Accelerative	Sprints up to 30 m	HIGH JUMP RUN UP						The smoot	h flow of		
31	YPES OF SPEED	Pure	Sprints up to 60 m	HOCKEY WINGER		12.		COORDINATI		1	t needed to motor task	A TENNIS	
		Endurance	Sprints with a short recovery in-between	FOOTBALLER							y and	SERVE	
(†)	BODY COMPOSITION		atio of fat mass to fat-free gans, muscle, bone) in the	LONG DISTANCE RUNNERS NEED LOW BODY FAT		13.	Č	REACTION TIME		The time taken for a sports performer to respond to a stimulus and the initiation of their response.		A SPRINTER RESPONDING TO THE STARTING GUN	
٢	AEROBIC ENDURANCE The ability of the cardious system to work efficient nutrients and oxygen to during sustained physical		k efficiently, supplying oxygen to working muscles	MARATHON RUNNER		14.		AGILI	TY	The ability performer precisely r	of a sports to quickly and nove or rection without	A RUGBY PLAYER DODGING	
1	IPONENTS OF THE DRESPIROTY SYSTEM	1. HEART 2 AIRWAYS	. BLOOD 3. BLOOD VESSEL	S 4. LUNGS 5.							nce or time.	DEFENDERS	
FUNCTIONS OF THE CARDIORESPIROTY SYSTEM		 Breathe in oxygen from the air Transport oxygen and nutrients Remove waste products 				15.		POW	ER	The produ and speed	ct of strength	A BOXER PERFORMING A JAB	
	MUSCULAR		the muscular system to ly, where a muscle can	A LONG-				Ph	ysical C.	O.F Acı	cronym		
	ENDURANCE	continue cont time against a	continue contracting over a period of time against a light to moderate fixed resistance load.			F		S	В	A	M	M	
	MUSCULAR		force (in kg or N) that can		Skill C.O.F Acronym								

WEIGHTLIFTER

В

Ρ

A

R

C



BTEC SPORT

LEARNINGAIMA

Year Group: 10/11



Becktoo										•	
		Exe	rcise intens	sity				Additio	onal Princip	oles of Training	
16.	100%	MAXIMUM HEART RATE	Used as a measur Calculation: 220-/ Measured in bpm			23.		<u>v</u> ariation	It is important to vary the training regime to avoid boredom and maintain enjoyment	Running in different locations	
			Training Zone	% of M	1HR				INDIVIDUAL NEEDS	The programme should be	Time,
17.		TRAINING ZONES	Aerobic	60%-8	5%	Long distance runner	24.			designed to meet individual training goals and needs.	money, lifestyle,
			Anaerobic	85%-9	5%	100m Sprinter					injury
18.	Set David Formation Constraints of Sector Sector Constraints of Sector Sector Sector Sector Constraints of Sector Se	BORG RPE SCALE	Scale is from 6-20 Used as an estima RPE x 10 = Estima	ate of intensity		RPE Score = 14 Estimated HR = 140 bpm	25.		<u>P</u> rogressive Overald	In order to progress, training needs to be demanding enough to cause the body to adapt, improving performance.	F.I.T.T.
	Principles of Training						-Z ^Z		Rest and recovery are	Time	
19.	EREQUENCY HOW OFTEN YOU TRAIN		YOU	3 D	AYS PER WEEK	26.		<u>R</u> EST & RECOVERY	required so that the body can recover from the training and to allow adaptation to occur	between sets Having rest days	
20.		INTENSITY HOW HARD YOU TRAIN		75	% OF MAX HR	27.	A-169	<u>A</u> DAPTATIONS	In order to progress, training needs to be demanding enough to cause the body to adapt, improving performance.	Muscle hypertrophy Muscle atrophy	
21.	Image: Time How long you train for 35-minute run		-MINUTE RUN	28.		<u>R</u> eversibilty	If training stops, or the intensity of training is not sufficient to cause adaptation, training effects are reversed.	Fitness levels decreasing when injured			
22.	AND	Туре	TYPE HOW YOU TRAIN		INTE	ERVAL TRAINING	29.		SPECIIFCTY	Training should be specific to the individual's sport, activity or physical/skill- related fitness goals to be developed.	Marathon runner using continuous training