



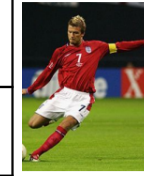
# Year 11 Health & Fitness Autumn Knowledge Organiser

## Health Component Of Fitness



Component	Definition	Sporting Example	Test
<b>Muscular Endurance</b>	The ability of a muscle group to repeat a movement for a prolonged period.	Push Ups in Circuit Training	Sit Up Test
<b>Flexibility</b>	Range of movement around a joint.	Splits in Gymnastics	Sit and Reach
<b>Body Composition</b>	Describes the percentage of fat, bone, muscle and water in the body.	Endomorph- sumo wrestling Mesomorph- swimming Ectomorph- marathon running	Skinfold Caliper Test
<b>Muscular Strength</b>	The amount of force a muscle can exert against a resistance.	Weightlifting	Hand Grip Dynamometer
<b>Cardiovascular Endurance</b>	The ability to exercise the whole body for prolonged periods. This involves the cardio (heart) and vascular (blood vessels).	Running at the end of a netball match	12 minute cooper run

## Sport/ Skill Component Of Fitness



Component	Definition	Sporting Example	Test
<b>Agility</b>	The ability to change the position of the body quickly and to control the movement of the whole body	Rugby player dodging a defender	Illinois Agility Run
<b>Balance</b>	The ability to retain the centre of mass over the body above the base of support	Handstand in Gymnastics	Standing Stork
<b>Coordination</b>	The ability to use two or more body parts together	Batsman striking the ball in cricket	Hand Wall Toss Test
<b>Power</b>	The ability to undertake strength performances quickly Strength x Speed =	The jump phase of the Long Jump	Standing Long Jump
<b>Reaction Time</b>	The time in between stimulus and the onset of movement	A sprinter responding to the start gun	Ruler Drop
<b>Speed</b>	The rate at which an individual is able to perform movement.	Running the 100m	30 metre sprint

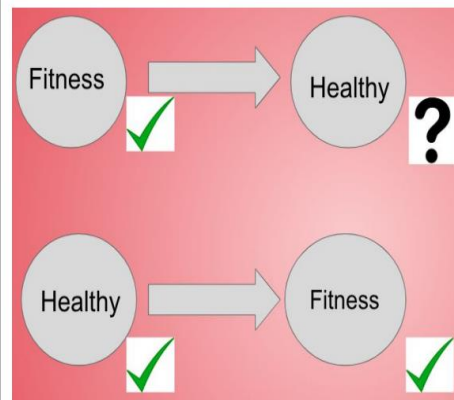
**F – FREQUENCY**    how often you train  
**I – INTENSITY**    how hard you train  
**T – TIME**    how long you train  
**T – TYPE**    type of activity you do

## Health and Fitness

**Definitions**

Health - a state of complete physical mental and social well being, not merely the absence of disease.

Fitness - the ability to meet the demands of the environment.



You can be fit and not healthy because you might not have social and mental health.

To be healthy you have to be fit because you need to have the physical side.

- S – SPECIFICITY**
- P – PROGRESSION**
- O – OVERLOAD**
- R – REVERSIBILITY**
- T – TEDIUM**



- **SPECIFICITY**- making the training specific to the needs of the sport or individual.
- **PROGRESSION**- gradually increasing the training that you are doing.
- **OVERLOAD**- doing more training
- **REVERSIBILITY**- any training gains can be lost if training does not continue.
- **TEDIUM**- training needs to keep the athlete motivated.

