UNIT 1

FITNESS TESTING AND TRAINING

CONTEXT

“Failing to prepare equals preparing to Fail”.....To reach your potential in sport you need to keep yourself in good shape. This means that you need to maintain your fitness through a training programme. This programme needs to concentrate on the demands of your sporting activity. Throughout your training it will be important to keep track of your fitness levels through fitness tests that will assess current fitness levels. You will also need to maintain a healthy lifestyle to keep your body in top shape, avoiding certain things and ensuring that you get enough rest. However, being fit is not just about how your body can perform physically. To reach your potential you need to be mentally ready to perform.

SCENARIO

Congratulations, you were successful in your application for a Work experience placement in the PE Department of your school. As part of your role, you have been asked to assist with one of the School Teams. The Teacher in charge of the team that you have been attached to is not very happy with the fitness of the players in the squad, following a series of defeats in the first few fixtures of the season. The Teacher wants to improve the fitness of all the players in the squad and believes that this will help the players to improve their performance on the pitch. You have been given the task of helping the teacher to improve the fitness of the squad.
UNIT 1

FITNESS TESTING AND TRAINING

ASSESSMENT TASK 1 (P1/M1)

Learning Outcome 1 Fitness and Training

Requirements necessary to achieve Excellence in sport

TYPES OF FITNESS

SCENARIO

In your role on your Work experience placement with one of the School Teams. The Teacher believes that if you want to help him to improve the fitness of the players in the squad, you must firstly begin to understand what types of Fitness are needed in order for the Young players to perform well on the Pitch. The Teacher wants you to give a presentation to the players from the team about the fitness requirements to be a top player.

TASK

You need to research what fitness needs are required to become a top sports person. To begin to do this, you will need to look into the fitness requirements for a top player, describing the Physical and Skill-Related Fitness components that they need to be the best. (P1)

Once you have grasped the Physical and Skill-related components of fitness, you need to further develop the level of detail in your presentation explaining the Physical and Skill-Related components that they need to be the best. It would be useful if you could suggest reasons why certain sports performers need different components of fitness to perform at their best. The teacher wants you to present to the team before an important cup game, so you don’t have any time to waste. (M1)

START DATE:

HAND-IN DATE:

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