

<p><b>Skill related fitness</b></p> <p><b>Agility:</b> -Illinois agility run test -T Test.</p> <p><b>Balance:</b> -Stork stand test -Y balance test.</p> <p><b>Coordination:</b> -Alternate-Hand Wall-Toss test -Stick flip coordination test.</p> <p><b>Power:</b> -Vertical jump test -Standing long/broad jump -Margaria-Kalamen power test.</p> <p><b>Reaction time:</b> -Ruler drop test -Online reaction time test (reaction test timer)</p>	<p><b>Physical related fitness</b></p> <p><b>Aerobic endurance:</b> -Multi-stage fitness test (Bleep test 20 metre distance) -Yo-Yo test -Harvard step test -12-minute Cooper run or swim.</p> <p><b>Muscular endurance:</b> -One-minute press-up -One-minute sit-up -Timed plank test.</p> <p><b>Flexibility:</b> -Sit and reach test -Calf muscle flexibility test -Shoulder flexibility test.</p> <p><b>Speed:</b> -30 metre sprint test -30 metre flying sprint.</p> <p><b>Muscular strength:</b> -Grip dynamometer -1 Rep Max.</p>	<p><b>Fitness testing considerations</b></p> <p><b>Reliability:</b> -Whether the results can be replicated/trusted</p> <p><b>Validity:</b> -Whether the test measures the correct component of fitness.</p> <p><b>Factors affecting reliability:</b> -Calibration of equipment -Motivation of the participant -Conditions of the testing environment -Experience of the person administering the test -Compliance with standardised test procedure.</p> <p><b>Practicality:</b> -cost -Time taken to perform &amp; set up the test -Time taken to analyse data -Number of participants that can take part in the test at any time.</p>	<p><b>Methods of training - Physical related fitness</b></p> <p><b>Aerobic endurance:</b> -Continuous training -Fartlek training -Interval training -Circuit training</p> <p><b>Flexibility:</b> -Static active -Static passive -Proprioceptive Neuromuscular Facilitation (PNF) technique</p> <p><b>Muscular Strength:</b> -Free weights -Fixed resistance machines</p> <p><b>Speed:</b> -Acceleration sprints -Interval training -Resistance drills</p>
<p><b>The effects of long-term fitness training on the body systems</b></p> <p><b>Aerobic endurance training:</b> -Adaptations to the cardiovascular and respiratory systems -Cardiac hypertrophy Decreased resting heart rate -Increased strength of respiratory muscles -Capillarisation around alveoli.</p> <p><b>Flexibility training:</b> -Adaptations to the muscular and skeletal systems -Increased range of movement permitted at a joint -Increased flexibility of ligament and tendons -Increased muscle length.</p> <p><b>Muscular endurance training:</b> -Adaptations to the muscular system -Capillarisation around muscle tissues -Increased muscle tone</p>	<p><b>The effects of long-term fitness training on the body systems</b></p> <p><b>Muscular strength and power training:</b> -Adaptations to the muscular and skeletal systems -Muscle hypertrophy -increased tendon and ligament strength -Increased bone density.</p> <p><b>Speed training:</b> -Adaptations to the muscular system -Increased tolerance to lactic acid.</p> <p><b>Training intensity</b></p> <p>-Maximum heart rate 220 -Age -Aerobic training zone 60-85% MHR -Anaerobic training zone 85%-MHR</p> <p><b>Rate of perceived exertion</b> RPE to HR = x10 HR to RPE = Divide by 10</p>	<p><b>Methods of training - Skill related fitness</b></p> <p><b>Agility:</b> -Speed Agility and Quickness training (SAQ) – drills</p> <p><b>Power:</b> -Plyometrics (lunging, bounding),</p> <p><b>Balance:</b> -Use of specific training exercises that require balancing on a reduced size base of support.</p> <p><b>Coordination:</b> -Use of specific training exercises using two or more body parts together.</p> <p><b>Reaction time:</b> -Use of specific training</p>	<p><b>Muscular Endurance:</b> -Free weights resistance machines -Circuit training</p> <p><b>Principles of training (In SPOR VARR)</b></p> <p><b>Additional principles of training</b> -Individual needs -Specificity -Progressive Overload -Reversibility</p> <p>-Variation -Adaptation -Rest &amp; Recovery</p> <p><b>Basic principles of training</b> -Frequency -Intensity -Time -Type</p>