

Name: _____

3.1/3.2 Health & Fitness/The Components of Fitness

3.3 The Principles of Training

Date:

Time: 40 minutes

Total marks available: 30

Total marks achieved: _____

Percentage: _____

Q1. Which one of the following tests should be used to measure Muscular Endurance?

(1)

- A Vertical Jump Test
- B Multi-Stage Fitness Test
- C Hand Grip Dynamometer Test
- D Sit Up Bleep Test

Q2. What is meant by the term 'qualitative' data? (1)

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Q3.

i) Define the term Reaction Time. (1)

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ii) Give one example of when a cricket player would use reaction time in a match. (1)

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Q4. Abdul wants to improve his fitness for the 100m sprint. His teacher suggests using interval training. Describe interval training and give an advantage of using this type of training. (2)

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Q5.

State **one** way that quantitative data from fitness testing can be used when planning a personal exercise programme (PEP).

1.
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(1 mark)

Q6. Emily is a cyclist and is getting back into continuous training following a lengthy knee injury.

Explain how Emily can incorporate specificity into her training plan? **(2 marks)**

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Describe **one way** Emily could use the FITT principle in her training programme **(1 mark)**

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What might happen if Emily only chooses to use continuous training in her programme? **(1 mark)**

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Q7.

Explain what type of training could be used by a tennis player in order to improve their performance. **(3 marks)**

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Q8.

a) Mariam is 18 and has recently started fartlek training in order to improve her ability as a football player. Explain how fartlek training could help improve her performance. **(2 marks)**

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b) Mariam's coach has told her to do some plyometrics as part of her training programme? Evaluate whether you agree with this decision? **(2 marks)**

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