

Welcome to the Health and Fitness Solutions.
Please follow the links in the Solutions section below to access the resources.

The areas for development are:	Solutions:
<ul style="list-style-type: none"> explaining the terms 'health' and 'fitness' 	<ul style="list-style-type: none"> BBC Bitesize Website: Health, Fitness and Exercise
<ul style="list-style-type: none"> describing the benefits of exercise 	<ul style="list-style-type: none"> BBC Bitesize Website: Health and Well-Being
<ul style="list-style-type: none"> describing the health-related components of fitness 	<ul style="list-style-type: none"> BBC Bitesize Website: Health, Fitness and Exercise (Page 2)
<ul style="list-style-type: none"> describing the skill-related components of fitness 	<ul style="list-style-type: none"> BBC Bitesize Website: Health, Fitness and Exercise (Page 2)
<ul style="list-style-type: none"> describing and demonstrating the tests that measure components of health and skill-related fitness 	<ul style="list-style-type: none"> BBC Bitesize Website: Health, Fitness and Exercise (Page 3)
<ul style="list-style-type: none"> describing the principles of training 	<ul style="list-style-type: none"> BBC Bitesize Website: The Principles of Training
<ul style="list-style-type: none"> describing the appropriate methods of training for each of the components of fitness 	<ul style="list-style-type: none"> BBC Bitesize Website: The Methods and Effects of Training
<ul style="list-style-type: none"> describing the structure and function of the main body systems 	<ul style="list-style-type: none"> BBC Bitesize Website: Muscular System BBC Bitesize Website: Skeletal System BBC Bitesize Website: Cardiovascular System BBC Bitesize Website: Respiratory System
<ul style="list-style-type: none"> describing the long-term and short-term effects of exercise on the main body systems 	<ul style="list-style-type: none"> BBC Bitesize Website: Long and short term effects of exercise
<ul style="list-style-type: none"> describing and demonstrating the measures for body composition 	<ul style="list-style-type: none"> BBC Bitesize Website: Health, Fitness and Exercise (Page 3)
<ul style="list-style-type: none"> assessing the positives and negatives of each fitness test 	<ul style="list-style-type: none"> BBC Bitesize Website: Health, Fitness and Exercise (Page 3)
<ul style="list-style-type: none"> describing the Frequency, Intensity, Time and Type (FITT) principles 	<ul style="list-style-type: none"> BBC Bitesize Website: The Principles of Training
<ul style="list-style-type: none"> describing health and fitness goals 	<ul style="list-style-type: none"> BBC Bitesize Website: Target Setting
<ul style="list-style-type: none"> carrying out and assessing fitness test results against normative data 	<ul style="list-style-type: none"> BBC Bitesize Website: Health, Fitness and Exercise (Page 3)
<ul style="list-style-type: none"> designing and carrying out an individual health and fitness programme using the FITT principles 	<ul style="list-style-type: none"> BBC Bitesize Website: The Principles of Training

<ul style="list-style-type: none">• demonstrating appropriate preparation for the fitness programme	<ul style="list-style-type: none">• BBC Bitesize Website: The Methods and the Effects of Training (Page 1)
<ul style="list-style-type: none">• demonstrating the techniques of warm-up and cool down	<ul style="list-style-type: none">• BBC Bitesize Website: The Methods and the Effects of Training (Page 1)
<ul style="list-style-type: none">• evaluating the effectiveness of a fitness programme	<ul style="list-style-type: none">• BBC Bitesize Website: Writing a PEP
<ul style="list-style-type: none">• amending a fitness programme to improve their personal health and fitness	<ul style="list-style-type: none">• BBC Bitesize Website: Writing a PEP

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