

Coursework Checklist RO42 Year 11

Activity	Completed
Components of fitness ALL (Strength, power, agility, balance)	
Flexibility (Static/Dynamic) Muscular Endurance, Cardiovascular endurance)	
Specific Training methods for components of fitness -cardiovascular training (e.g. steady state (continuous), interval training, fartlek training)	
resistance training (e.g. resistance machines, free weights, circuits)	
power training (e.g. interval training, plyometric, repetition and acceleration sprint training)	
flexibility training (e.g. static (passive and active), dynamic)	
Agility training (e.g. agility ladder, agility hurdles) Balance training (e.g. balance board, exercise ball).	
Aerobic and anaerobic exercise (With sporting examples)	
Methods of training aerobic and anaerobically	
Tests which assess fitness (Pre test procedures)	
Strength (burpee test, squat test) and Power tests (vertical jump test, standing long jump test) (With national averages)	
balance (e.g. standing stork test) - flexibility (e.g. sit and reach test, trunk flexion test) (with national averages)	
Muscular endurance (number of sit-ups/press-ups in a defined time period) and cardiovascular endurance Cooper run, (Harvard step test) (With national averages)	
Maximal or submaximal Testing lists and planning testing procedures	
Progression/ Progressive Overload (F.I.T.T.A)	
Specificity (practices a skill used in a sport, trains the muscle group) and reversibility / Regression (Injury impacting skill)	
Moderation (Age, Gender, Environment and experience) and Variance (Avoiding boredom)	
Gather details about the subject the programme is for (age, any recent or current injuries, health problems, access to facilities) clarify the aims of the training programme (components of fitness need to be improved how much)	
Set realistic goals which can be measured (Reduce the time it takes to complete a 5k run by 2 minutes) Duration of the training programme (e.g. suitable length to achieve goals)	
Duration of the training programme (suitable length to achieve goals) Suitability of activities (activities meet the needs of the subject, activities target specific areas)	
Organisation of activities (variety of training methods, sufficient rest days) Adaptability (activity can be performed inside or outside in case of bad weather) progression (Applies the FITTA principle)	