BTEC Sport Revision Checklist

Components of Fitness: Skill related Components • Coordination • Reaction Time • Agility • Balance • Power	
Physical Components • Body Composition • Aerobic Endurance • Muscular Strength • Speed • Flexibility • Muscular Endurance	
Principles of Training: • Frequency • Intensity • Time • Type	
Additional Principles of training: • Specificity • Progressive Overload • Individual Differences • Adaptation • Reversibility • Variation • Rest and Recovery	
Exercise Intensity: • Maximum Heart Rate • Borg Scale • RPE • Aerobic Training Zone • Anaerobic Training Zone	
Pre Test Procedures • Calibrate Equipment • Complete informed Consent • Complete a PAR-Q	
Fitness Testing - Aerobic Endurance • Multi stage Fitness Test • Yo-yo Test • Harvard Step Test • 12 minute Cooper Test	

Fitness Testing – Muscular Endurance • One minute sit up and press up • Timed Plank	
Fitness Testing – Flexibility • Sit and Reach test • Calf and shoulder flexibility test	
Fitness Testing - Speed and Power • 35 metre Standing Sprint • Vertical Jump	
Fitness Testing – Muscular Strength • Grip Dynamometer • One Rep Max	
Fitness Testing – Body Composition • BMI • BIA • Skinfold test	
Fitness Testing – Agility and Reaction Time • Illinois Agility Test • T-Test • Ruler Drop	
Fitness Testing – Balance and Coordination • Standing Stork • Wall toss test	
Methods of Training Aerobic Endurance: • Continuous Training • Fartlek • Interval Muscular Endurance: • Circuit Training • Weight Training Flexibility: • Static Active • Static Passive • PNF Stretching Speed: • Acceleration Sprints • Resistance • Interval Training Agility: • SAQ Training Power:	

• Plyometric Training	
Long term effects of fitness training on the Cardiorespiratory System: • Increased Cardiac Hypertrophy • Decreased resting heart rate • Increased strength of respiratory muscles • Increased capillarisation around alveoli	
Long term effects of fitness training on the Musculoskeletal System: • Increased range of movement at a Joint • Increased Muscle Length • Increased Capillarisation around muscle tissue • Increased muscle tone • Increased Muscle Hypertrophy • Increased Bone density • Increased muscle Tendon and Ligament Strength • Increased Tolerance to Lactic Acid	
Provisions: • Private • Public • Voluntary	
Types of Motivation: • Intrinsic • Extrinsic	
SMARTER Goals • Specific • Measurable • Access • Reach • Timescale • Exciting • Recorded	
Short Term and Long Term Goals	