

Components of Fitness

Aerobic endurance – the ability of the cardiorespiratory system to supply oxygen and nutrients to the muscles to sustain low to medium intensity work to delay fatigue.

Muscular endurance – the ability of the muscular system to continue to contract at a light to moderate intensity to allow repetitive movements throughout a long event or game.

Muscular strength – the maximum force that can be generated by a muscle or muscle group to improve forceful movements within an activity.

Speed – distance divided by time to reduce time taken to move the body or a body part in an event or game.

Flexibility – the range of motion possible at a joint to allow improvements in technique.

Body composition – the relative ratio of fat mass to fat-free mass in the body allowing variation in body composition dependent on the sport.

Power – the product of speed and strength to allow for explosive movements in sport.

Agility – the ability to change direction quickly to allow performers to outmanoeuvre an opponent.

Reaction time – the time taken between a stimulus and the start of a response, useful in fast-paced sports to make quick decisions about what to do.

Balance – the ability to maintain centre of mass over a base of support, useful to maintain positions in performance sports (static balance) or when on the move in any other sporting situation (dynamic balance).

Coordination – the ability to move two or more body parts at the same time smoothly and efficiently, to allow effective application of technique.

Officials in Sport

You should know the officials within your sport.

Responsibilities including

Appearance

Equipment

Fitness requirements

Effective communication

Control of players

Health & Safety

Structure:

Task 1

Define CoF

Apply it to your sport

Give the positive & negative impact of not having that component of fitness.

Structure:

Task 3

Rules of your sport

- No of players
- Scoring

Session plan:

Needs a clear aim

Each drill to focus on the skill

Key teaching points

How you'll adapt the practice.

Progression to a conditioned game.

Types of practice

Isolated static practice - completed independently without opposition and limited movement.

Isolated dynamic practice - completely independent but with increasing movement

Cooperative practice - working with a partner to complete the skill.

Conditioned game - specific rules/conditions to practice a specific skill.

Session modification.

Timing -Longer thinking time.

Space - bigger space can make the drill easier.

Equipment - adapting equipment larger equipment, cones to mark out area.

Defenders - how much pressure they are adding.

Types of feedback/guidance

Verbal guidance - clear voice

Visual guidance - demonstrations by both you and participants

Kinesthetic guidance - moving a participant with consent to put them in the best position.

Structure:

Task 4

Clear session plan

Justification for each activity.