

PHYSICAL EDUCATION
Year 9 Term 2
Principles of Training



Objective: Throughout this term you will be learning the components of fitness and what sport uses each component.

Task 1: Fill in the five components of fitness in Table 1.

- (a) Copy the definitions from Table 2 (next page) into the correct box in Table 1.
- (b) Fill in the gaps to explain how each component benefits an athlete's performance.

An example has been completed to get you started.

Component	Definition	How does the component benefit an athlete's performance?
B ody composition	The distribution of muscle, fat and bone in the body	If a sprinter has too much body fat they will carry extra weight and this will slow them down
M _____ E _____		A rower needs m _____ e _____ so that they can use their arms repeatedly to pull the oars through the water without _____
C _____ F _____		A _____ needs c _____ f _____ so that they can exercise their whole body for the duration of the match without _____
F _____		A high jumper needs _____ so that they can arch their back to jump over the bar
M _____ S _____		A rugby player _____ _____

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Table 2

Definitions				
The ability to exercise the whole body for long periods of time without getting tired. It is also called aerobic endurance	The ability to exert force against a resistance	The distribution of muscle, fat and bone in the body	The ability to use muscles repeatedly without getting tired	The range of motion possible at a joint

Task 2: Fill in the six components of skill-related fitness in Table 3.

- (a) Copy the definitions from Table 4 into the correct box in Table 3.
- (b) Fill in the gaps to explain how that component benefits an athlete's performance.

An example has been completed to get you started.

Table 3 Components of skill-related fitness

Component	Definition	How does the component benefit an athlete's performance?
A gility	The ability to change direction quickly, with control	A hockey player needs agility so they can change direction quickly to dodge past their opponent
B _____		A _____ needs b _____ so they can _____
C _____		A tennis player needs c _____ so they can move their arms and legs together to hit the ball

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Component	Definition	How does the component benefit an athlete's performance?
R_____t_____		A _____ _____
S_____		A _____ _____

Definitions					
The ability to keep the body stable while still or moving	The ability to do strength performance quickly (strength × speed)	The ability to change direction quickly, with control	The time between the presentation of a stimulus and the onset of movement	The rate at which an individual can perform a movement or cover a distance	The ability to use two or more body parts at the same time