

Y11 BTEC TECH in Sport

Core Questions & Vocabulary

Year Group: Y11

Component: 1

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Core Questions	
1	What are the Basic principles of training
2	What are the Additional principles of training
3	Why are the Principles of training important when planning a Personal Training Programme?
4	How can we measure exercise intensity?
5	How can we ensure the reliability and validity of fitness testing results?
6	What practicality issues must be considered when fitness testing?
7	How can Fitness testing results be interpreted?
8	What are the Aerobic Endurance Fitness training methods?
9	What are the Flexibility Fitness training methods?
10	What are the Muscular Endurance Fitness training methods?
11	What are the Muscular Strength Fitness training methods?
12	What are the Speed Fitness training methods?
13	What are the Skill component Fitness training methods?
13	Why is it important to select the most appropriate training methods for a specific sport/athlete?
14	What different types of provision can participants/athletes use?
15	What are the long term effects of fitness training on the body systems?
16	What personal information needs collating before planning a personal training programme?
17	What things need to be considered when planning a personal training programme?
18	How can athletes/performers use motivational techniques to improve fitness and performance?
19	What influence can goal setting have on motivation?
20	What are the benefits of motivation on the sports performer?
Core Vocabulary	
1	FITT
2	ISPARRV
3	Personal training programme
4	Exercise intensity
5	Heart rate
6	Target training zones
7	Borg Scale

8	Baseline testing
9	Normative data
10	Reliability
11	Validity
12	Practicality
13	Training methods
14	Interpretation of results
15	Provision
16	Long term effects of training
17	Personal Training Programme
18	Motivation