



Key points to learn

Health	A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
Fitness	The ability to meet/cope with the demands of the environment.
Agility	The ability to change direction quickly [at speed] whilst maintaining control.
Balance	Maintaining the centre of mass over the base of support.
Cardio-Vascular Endurance	The ability of the heart and lungs to supply oxygen to the working muscles.
Co-ordination	The ability to use different [2 or more] parts of the body together smoothly and efficiently.
Flexibility	The range of movement possible at a joint.
Muscular endurance	The ability of a muscle or muscle group to undergo repeated contractions avoiding fatigue.
Power	The product of strength and speed. [strength x speed]
Reaction time	The time taken to initiate a response to a stimulus.
Speed	The maximum rate at which an individual is able to perform a movement or cover a distance in a period of time. [distance / time]
Strength	The ability to overcome resistance.
Qualitative data	A measure of opinions. More of a subjective than objective appraisal relating to the quality of performance rather than the quantity.



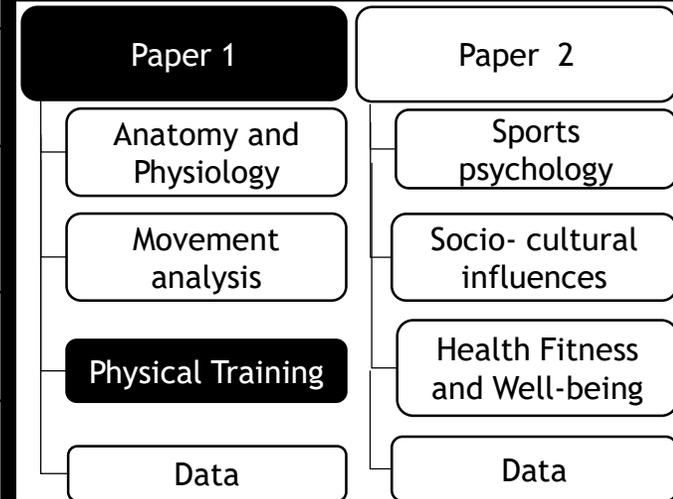
Key points to learn

Quantitative data	A measurement that has been quantified as a number. Eg. Time. This data can be compared with national averages/ratings.
Progressive Overload	Working harder than normal, whilst gradually and sensibly increasing the intensity of training.
Circuit training	A series of exercises performed one after another with a rest in between.
Continuous training	Exercising for a sustained period of time without rest. It improves cardiovascular fitness. Sometimes referred to as steady state training.
Steady state exercise	Working continuously at the same intensity.
Interval training	Training method that incorporates periods of work followed by periods of rest. Eg work, rest, work, rest.
HIIT	High Intensity Interval Training. An exercise strategy alternating periods of short intense anaerobic exercise with less intense recovery periods.
Static stretching	Stretching to the limit and holding the stretch isometrically.
Isometric contraction	Muscular contraction when the muscle does not shorten or lengthen - it stays the same length.
One repetition	Completing one lift of a weight. [up and down]
One set	The completion of a number of reps.

[AQA] GCSE PE: unit 2 PHYSICAL TRAINING



Big picture (PE Paper 1)



Background

Students need to understand the components of fitness; ***their test protocol***; use of data in testing; principles of training and overload; training types; structure of training; reasons for w/u & cool down.

Exam Questions

1. Give reasons why XYZ need agility in their performances? [2 marks]
2. Define power and explain why it is needed in different sports [3 marks]
3. What is speed, and why might a hockey player need it?
4. What is the protocol for the co-ordination test? [4 marks]
5. Explain altitude training. [3 marks]