

Components of fitness

Balance - The ability to maintain the body's centre of mass above the base of support

Flexibility - The range of movement around a joint

Physical Training Gymnastics Year 7 2-SBU



Types of training

Circuit Training - Involves performing a series of exercises in a special order called a circuit

Advantages:

- the variety of exercises prevents boredom

Disadvantages:

- Can take a while to set up

Principles of overload:

Frequency - How OFTEN you train

Intensity - How HARD you train

Time - How LONG to train for

Type - What TYPE of exercise you do



Fitness Testing

Standing Stork test -

- The athlete should position themselves in the position shown below.
- Once ready, the athlete should raise the heel of their grounded foot to balance on the ball of their foot. The stopwatch is started as the heel leaves the floor.

The time will stop if any of these happen.

- The hands come off the hips
- The grounded foot moves or the heel touches the floor
- The lifted foot comes away from the knee



CALCULATIONS

Maximum Heart Rate (Max HR) = 220 - age

Aerobic (with oxygen) training zone - 60-80% of Max HR

Anaerobic (without oxygen) training zone - 80-90% of Max HR