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2017

Term 1: Revision Guide G10



End of Term Test

Scope: Unit 1

Fitness

Fitness is important in sport and our everyday lives.

Key word: Protocol

a system of rules that explain the correct procedures to be followed when conducting fitness tests. Protocols ensure that test are reliable and can be repeated

This unit looks at fitness testing and provides information on the correct protocols for conducting tests

Fitness tests provide normative data. This is data or information on your performance which can provide a baseline against which future performance can be compared and improvements identified.

Important things to do before starting fitness testing

- Make sure you hydrate before and during exercise
- Warm up to stretch muscles
- a dynamic *warm up* can help activate your central nervous system, priming your muscles for body for a great workout that produces you
- a pulse raiser can increase cardiovascular activity and prepare you for exercise

Cool down after exercise helps to lower your heart rate

A cool down should be a low intensity activity and help the body to relax

Fitness Tests

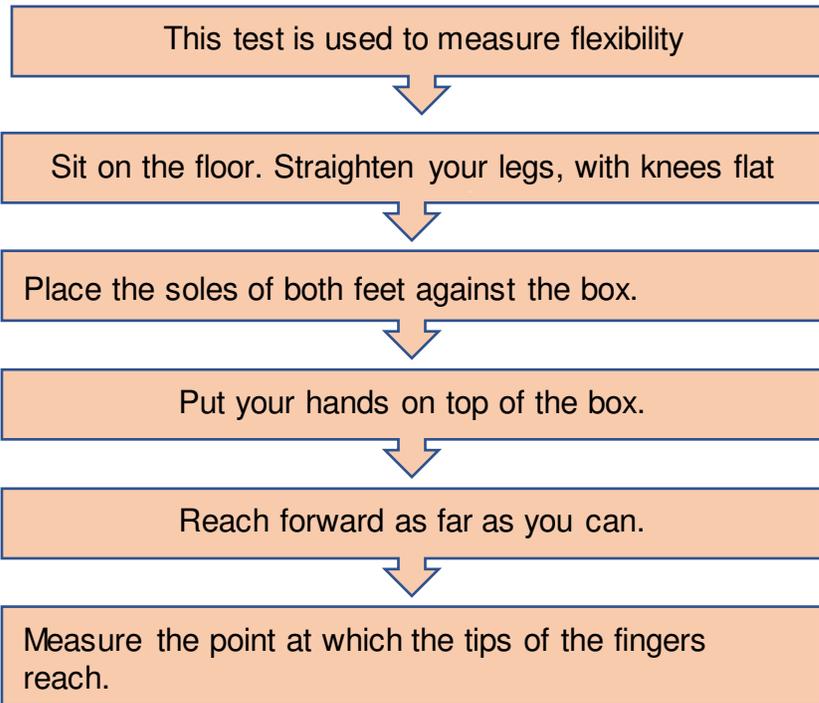
The Cooper Run Test

The purpose of this This test is designed to measure aerobic fitness (the ability of their body to use oxygen pathways to produce energy while running). The Cooper Run Test is a good way to monitor aerobic endurance.

Advantages: large groups can be tested at once, and it is a very cheap and simple test to perform.

Disadvantages: practice and pacing is required, and performance on this test can be affected greatly by motivation. Keeping track of a person's lap number can be challenging when there are a lot of people so creating 'pairs' and having them count each other's laps and then running the test a second time for the other person in the 'pair' is a good option.

Sit and Reach Test

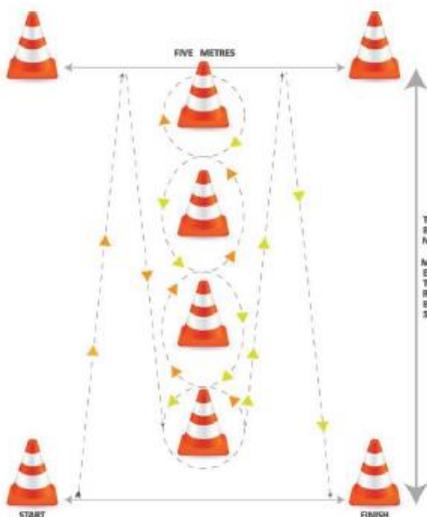


This test is used to measure flexibility

The Illinois Agility Test

This test is easy to set and does not need much equipment. For the test to be accurate it is important that the test is conducted on a flat non-slip surface.

This Illinois Agility test assesses an applicants speed and athletic agility. The test is an electronically timed test and requires maximum speed and effort from applicants to negotiate several cones.

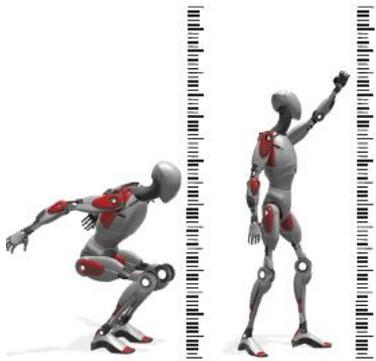


The 35 metre Sprint Test

The sprint test measures acceleration or sprint speed. The objective of the sprint speed test is to assess the athlete's sprint acceleration. The test involves running a single maximum sprint over a set distance, with time recorded. After a standardized warm up, the test is conducted over a certain distance, such as 10, 20 or 30 metres.

Vertical Jump Test

The Vertical Jump test is a very common test for measuring explosive leg power.



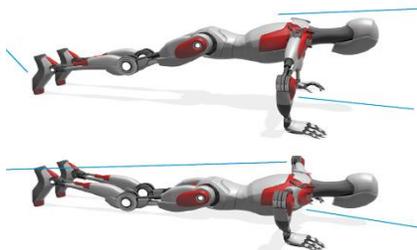
This test is designed to measure your explosive leg power. All you need is a high wall, such as the outside of a building, and a bit of room so you can jump and land safely.

Vertical Jump Test

Press up test –

Press up test measures upper body strength and endurance.

Muscular endurance is how a muscle, or group of muscles, keep using force against resistance.



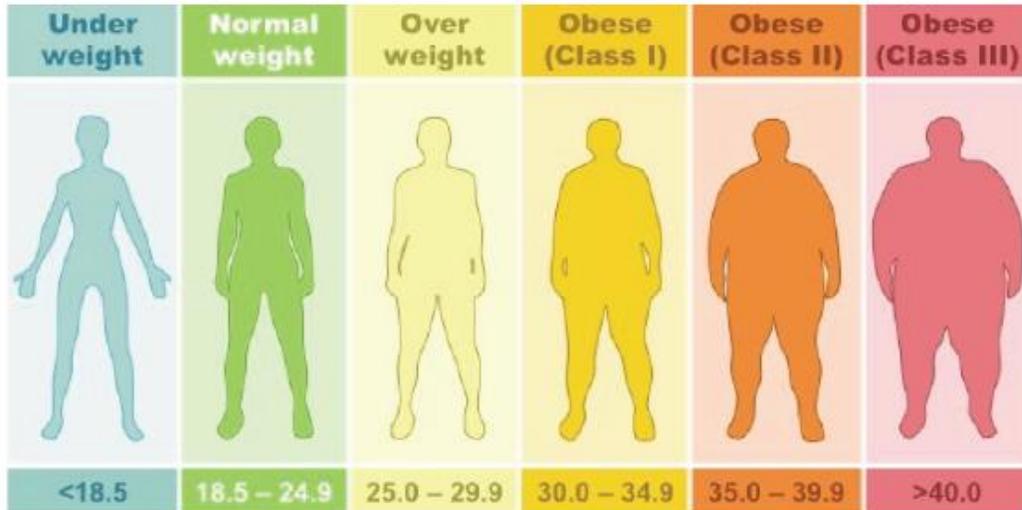
Body Composition

In physical fitness, **body composition** is used to describe the percentages of fat, bone, water and muscle in human bodies. Because muscular tissue takes up less space in our **body** than fat tissue, our **body composition**, as well as our weight, determines leanness.

Body Mass Index

The Body Mass Index (BMI) is a different way of finding out body weight. It tries to quantify how much tissue mass a person has. The index gives an indicator as to whether a person is underweight, normal weight, overweight or obese.

BMI is calculated by dividing your weight in kilograms by your height in metres².



National Service

If you are aged between 18-30 you can expect to do National Service. To be eligible you must be:

- medically fit, and
- achieve a minimum level of physical fitness (as determined by National Service requirements).

Physical fitness is very important for recruits. They must do different exercises every day. Recruits are tested in different types of body movements to ensure they can meet the challenges they will face in the field.

Exercises will include push-ups, rope climbing and squats.

Circuit Training

Circuit training is a training method that is used a lot in the National Service.

Circuit training is a training method designed to work the whole body. This is very important for National Service because you must have an overall good level of fitness to be able to protect and serve the United Arab Emirates.

The following exercises will be used in your circuit training:

	
Exercise: Press Up	Exercise: Tricep Dip
	
Exercise: Squat	Exercise: Sit Up
	
Exercise: Shuttle Run	Exercise: Step Ups
	
Exercise: Star Jumps	Exercise: High Knees

Key words

BMI	protocol	tricep dips	press ups	step ups	medically fit	sit and reach test
squats	shuttle run	warm-up	aerobic endurance	Illinois Agility Test	star jump	flexibility
pulse raiser	fitness test	underweight	Cooper run test	high knees	circuit training	overweight
obese	normal	sprint test	hydrate	sit-up	normative	baseline
endurance		direction		safe	National service	Slip-free

The above table covers the essential vocabulary list which Grade 10 students will be required to know for the end of term exercise. Students will need to be familiar with these terms for the exam.