



SPORT

BRIGHTON GIRLS

Section 2: Physical Training

Knowledge Checklist

Topic		What do I need to know?	Self-Assessment		
			I Don't Know It	I've Learnt It	I've Mastered It
2.1 Components of Fitness	Definitions	The definitions for each of the 10 components of fitness			
	Application	Apply correctly how each component is used within different sports and skills			
	Testing	To describe how each component of fitness is suitably tested			
		To be able to collect and interpret testing data relating to components of fitness			
2.2 Physical Training	Definitions	The definitions for each of the principles of training (SPOR)			
	Application	How to apply principles of training to a sport/exercise programme			
	Optimising Training	To define the FITT principle			
		To apply the FITT principle to sport/exercise programmes			
	types of Training	To be able to define each method of training			
		How to accurately assign a training method to a performer based on a variety of individual needs			
	Warm-Ups and Cool-Downs	The key elements of both warm-ups and cool-downs			
		The physical benefits of correctly warming up and cooling down, using relevant examples			
2.3 Injury Prevention	Identification of Risks	To accurately identify potential risks in sport or physical activities , using relevant examples			
	Minimising Risks	To identify ways of minimising certain risks in sport and physical activity, using relevant examples			