

What is the difference between Health and Fitness? – write definitions.

What is the relationship between health and fitness? 2 ways health affects fitness and 1 how fitness affects health?

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Definitions of the components of fitness?

C	B
R	M
A	M
B	F
S	
P	C

Write the fitness test for each component of fitness.

Paper 1 Physical Training part 1
Add notes and diagrams to make it useful

What are 6 reasons a fitness test may be carried out?

Write 5 general limitations fitness tests have.

Definitions of the principles of training

S	
PO	F
	I
R	T
	T
T	

Choose any sport and explain how/why and where 5 components of fitness are SPECIFICALLY needed:

Write out a possible exam question on this unit:

List the 7 training methods and descriptions of each:

- 1
- 2
- 3
- 4
- 5
- 6
- 7