

OBHS Core Questions:

Subject: GCSE PE

Year and Term: Year 10 Autumn 2

Topic: Physical Training (Component 1)



Learn these questions to build a strong foundation of knowledge for this half-term. Ask family or friends to test you regularly, or practise on your own using the 'Look, Say, Cover, Write' method.

	Question	Answer
1.	Name all 11 components of fitness	Agility Balance Co-ordination Cardiovascular Fitness Flexibility Muscular Endurance Muscular Strength Power Reaction Time Speed Body composition
2.	What is the definition of cardiovascular fitness?	The ability to exercise the entire body for long periods of time without tiring.
3.	What is the definition of agility?	The ability to change direction quickly and under control.
4.	What fitness test would you do to test your flexibility?	Sit and reach.
5.	What fitness test would you do to test your cardiovascular fitness?	12 minute copper run.
6.	Specificity is a training principle, name 3 others.	Progress Overload. Reversibility. Individual needs. Overtraining. Thresholds of training. FITT.
7.	Explain the training principle specificity.	Matching the training to your sport.
8.	What does FITT stand for?	Frequency Intensity Time Type
9.	How do you work out your maximum heart rate	$220 - \text{Age}$
10.	Using the Karvonen formula, how do you work out your aerobic training threshold?	$220 - \text{Age} = \text{max HR}$ $60\% \text{ of Max HR} = \text{lower threshold}$ $80\% \text{ of Max HR} = \text{Upper threshold}$
11.	Using the Karvonen formula, how do you work out your anaerobic training threshold?	$220 - \text{Age} = \text{max HR}$ $80\% \text{ of Max HR} = \text{lower threshold}$ $90\% \text{ of Max HR} = \text{Upper threshold}$
12.	Name all 6 training methods	Continuous Fartlek Interval Plyometrics Weight/Resistance Circuit
13.	What training method would a sprinter use if they want to improve their speed.	Interval training