Sagittal plane Paper 1: Movement analysis - planes and axes Frontal plane Front somersault Discus throw Transverse plane Plane: Sagittal Plane: Transverse Axes: Transverse Axis: Longitudinal Cartwheel Cycling Plane: Frontal Plane: Sagittal Plane Axis: Sagittal Axis: Transverse Transverse Sagittal axis axis Longitudinal axis

Paper 1: Health and fitness

Relationship between Health and Fitness

Health

Health is your physical, mental and social well-being and not merely the absence of disease. If you are unable to train due to poor health, your fitness levels can be negatively affected. However, if you are still able to train despite ill health, your fitness levels will not be negatively affected.

Fitness

This relates to your ability to perform tasks within your daily life without becoming overly tired.