

Paper 1: Health and fitness – fitness testing

Fitness Data Collection

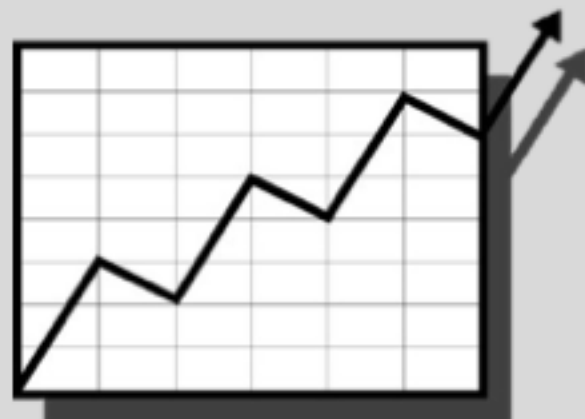
There are two types of data that can be collected from fitness testing: 'qualitative' and 'quantitative'. These terms are explained below.



Qualitative data can be collected by an athlete making notes about how tired they feel during training sessions and competition.

- ✦ Quantitative data is a measurement that involves numerical data
- ✦ Qualitative data is a measurement based on observational data

Due to the nature of the two types of measurement, quantitative can be compared to national averages whereas qualitative cannot.



Quantitative data can be collected when a player wears a heart rate monitor to track their heart rate during training and competitions.

Paper 1: Principles of training

There are two key principles which should be applied when creating and delivering any training programme. These principles ensure that the participant is able to develop their skills over time.

Principles of training: SPORT

S

Specificity: It is important that the method of training is specific to the sport that is being trained for.

e.g. a cyclist should perform most of their training on a bike

P

Progressive overload: The training load should be increased as the athlete adapts to it.

e.g. once bench-pressing 50 kg becomes easier, the load should be increased to 52.5 kg

O

R

Reversibility: If a long break is taken from training, improvements will quickly be lost.

e.g. it is important for an athlete to undertake some form of training during a post-season break, to prevent fitness loss

T

Tedium: If a training programme is not varied, the athlete will become bored.

e.g. football players could play netball to practise moving into a space