

BTEC Knowledge Organiser Test:

1. There are 6 physical fitness components, complete the words below. (6 marks)

B.....

A.....

S.....

S.....

F.....

M.....

2. There are 5 skill related fitness components, complete the words below. (5 marks)

C.....

R.....

A.....

B.....

P.....

3. Match the correct training zone, to the correct training intensity. (3 marks)

Aerobic Zone 95%-100%

Speed Zone 85%-95%

Anaerobic Zone 60%-85%

4. A) Tim is 32 years old. What would be his maximum heart rate? Show your working in the box. (2 marks)



MHR

5. What does RPE stand for? (1 mark)

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6. $RPE \times 10 = \text{Heart rate}$. Work out the following people RPE. (3 marks)

JIM RPE 17

Sally RPE 14

Steve RPE 13

7. Progressive overload makes your training harder. What are the 4 ways this can be done? Fill in the blanks. (4 marks)

F.....

I.....

T.....

T.....

8. For each training method below, write in the correct component of fitness. (6 marks)

PNF Training

Free Weights

Circuit Training

Hollow Sprints

Fartlek Training

Plyometric Training.....

9. Circle the test that could be used for body composition. (1 mark)

BIA 35m Sprint Vertical jump

10. What is the hand grip test measured in? (1 mark)

Seconds Reps KgW

11. Describe one pre-test procedure for the sit and reach test. (1 mark)

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[illegible]

