BTEC Knowledge Organiser Test:

1. There are 6 physical f	There are 6 physical fitness components, complete the words below. (6 marks)				
В					
A					
S					
S					
F					
M					
2. There are 5 skill relat	ed fitness components, complete the words below. (5 marks)				
C					
R					
A					
В					
P					
1					
3. Match the correct tra	aining 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 box. (2 marks)	l. What would be his maximum heart rate? Show your working in the				
	MHR				

5.	What does RPE stand for? (1 mark)
6.	RPE x 10 = Heart rate. Work out the following people RPE. (3 marks)
JIM RF	E 17
Sally R	PE 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 Tr	raining
Free V	Veights
Circuit	Training
Hollov	y Sprints
Fartlel	c Training
Plyom	etric Training
9.	Circle the test that could be used for body composition. (1 mark)
BIA	35m Sprint Vertical jump
5 (vertisal jump
10	. What is the hand grip test measured in? (1 mark)
Secon	ds Reps KgW
11	. Describe one pre-test procedure for the sit and reach test. (1 mark)

	12. Name 3 pieces of equipment that would be useful for the 35m sprint test. (3 marks)
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	13. Explain two things that might effect the results of the Illinois agility test. (4 marks)
	14. Karen wants to test the Aerobic Endurance of her football team. Discuss whether she should use the multi stage fitness test or the forestry step test. (2 marks)
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	15. Pete is a basketball player, select for components of fitness he should focus on for his sport. Discuss why they are important and how he could test them.
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