



## Component 3 - Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

Total marks available: 30

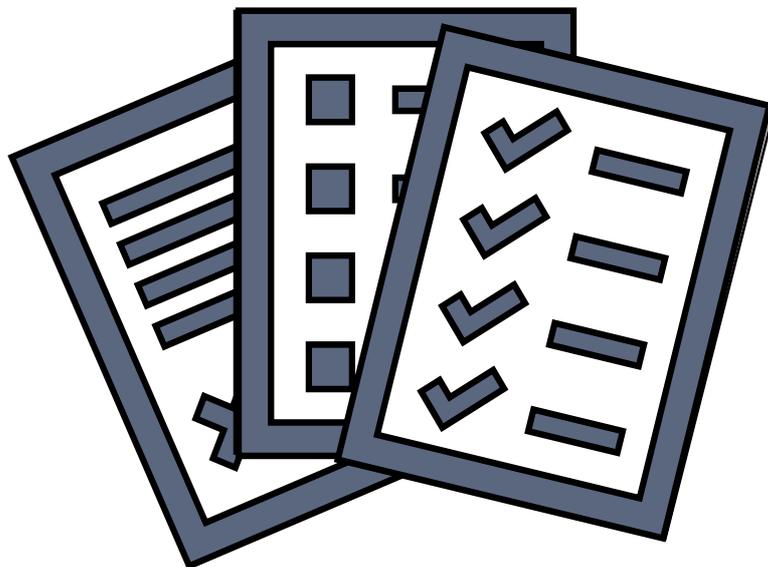
Total marks achieved: \_\_\_\_\_

Percentage: \_\_\_\_\_

**A1:** The importance of fitness for successful participation in sport

**A2:** Fitness training principles

**A3:** Exercise intensity and how it can be determined



1. Which one of these options is a component of skill-related fitness? **(1 mark)**

- Speed
- Power
- Muscular Strength
- Flexibility

2. Circle the correct option to show whether the statement shown below is true or false.

Aerobic endurance is the maximum force that can be generated by a muscle or muscle group. **(1 mark)**

True

False

3. Define coordination. **(1 marks)**

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4. State the two types of balance and the difference between them. **(2 marks)**

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5. Emily is getting back into weight training following a lengthy knee injury. Explain what could happen if she does not consider her Individual Differences when designing a training plan? **(2 marks)**

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6. Describe **one way** Emily could use the FITT principle in her training programme **(1 mark)**

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7. Jasper is a cyclist. He is going to use the FITT principle to apply overload to his training programme. Explain how Jasper can apply the principles of 'frequency' and 'intensity'. **(2 marks)**

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8.a. What does the 'E' in the acronym 'RPE' stand for? **(1 mark)**

- Equipment
- Endurance
- Exertion
- Exercise

8.b. Use Borg's RPE Scale to answer the following questions:

i. Julie has completed a Parkrun and her RPE is 15. Estimate her heart rate. **(1 mark)**

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ii. Max has a heart rate of 140bpm after completed a Parkrun. What is his RPE? **(2 marks)**

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9. Alec is 34 years old and is training for a triathlon. Calculate Alec's aerobic training zone. **(3 marks)**

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10. Evaluate how a rugby player can implement specificity into their training programme in order to improve performance. **(3 marks)**

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11. A netball team have been learning about the principles of training. Giving a sporting example for each, explain what is meant by the terms 'variation' and 'reversibility'. **(4 marks)**

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12. Assess the importance of high levels of aerobic endurance and agility when participating in a game of tennis. **(6 marks)**

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