

SUBJECT: Y10 Exam Topic Checklist

Topic	Class Notes	RAG	Revised
Topic 1: The importance of fitness for successful participation in sport			
<ul style="list-style-type: none"> Types of sports require specific components of fitness. (6 physical and definitions, 5 skill and definitions) 			
Topic 2 Fitness training principles			
<ul style="list-style-type: none"> The basic principles of training frequency, intensity, time, and type (FITT) 			
<ul style="list-style-type: none"> Additional principles of training 			
Topic 3 Exercise intensity and how it can be determined			
<ul style="list-style-type: none"> Intensity 			
<ul style="list-style-type: none"> Target zones and training threshold 			
<ul style="list-style-type: none"> The Borg (6–20) Rating of Perceived Exertion (RPE) Scale 			
<ul style="list-style-type: none"> The relationship between RPE and heart rate where: $RPE \times 10 = HR$ (bpm) 			
<ul style="list-style-type: none"> Calculate 1RM for strength and 15RM for muscular endurance. 			
<ul style="list-style-type: none"> Technology to measure exercise intensity 			
Topic 4 Importance of fitness testing and requirements for administration of each fitness test			
<ul style="list-style-type: none"> Reasons for fitness testing 			
<ul style="list-style-type: none"> Pre-test procedures 			
Basic processing of test results for interpretation			
<ul style="list-style-type: none"> Knowledge of published standard test methods and equipment (Protocols for each test) 			
<ul style="list-style-type: none"> Reliability of test, Validity of results, Practicality 			
Topic 5: Fitness test methods for components of fitness			
<ul style="list-style-type: none"> All the fitness test for the 6 physical components fitness 			
<ul style="list-style-type: none"> All the fitness test for the 5 skill components of fitness 			

Topic	Class Notes	RAG	Revised
Topic 6: Fitness training methods for physical components of fitness			
<ul style="list-style-type: none"> • Different training methods for the 6 physical components of fitness 			