

Who is the WHO?	World Health Organisation	2
Fitness can be defined as:	The ability to meet or cope with the demands of the environment	2
Name the 10 components of fitness	Agility, balance, cardiovascular endurance, coordination, flexibility, muscular endurance, power, reaction time, strength, speed	2
Which does each of the following test for? <ul style="list-style-type: none"> • Handgrip Dynamometer • Sit and Reach Test • Vertical Jump Test • Multi-stage Fitness Test 	Strength Flexibility Power and explosive strength Cardiovascular endurance	2
Which tests would you use to test the following? <ul style="list-style-type: none"> • Agility • Balance • Coordination • Muscular endurance • Reaction time • Speed 	The Illinois Agility Test The Stork Balance Test The Wall Toss Test The Sit Up Bleep Test The Ruler Drop Test The 30m Sprint Test	2
What does SPORT stand for?	Specificity, Progression, Overload, Reversibility, Tedium	5
Define the FITT principle	The FITT principle is used to increase the amount of work the body does, in order to achieve overload	4
What do the letters in FITT stand for?	Frequency, Intensity, Time, Type	3
What percentage is your MHR in the aerobic training zone?	60-80% MHR	1
What percentage is your MHR in the anaerobic training zone?	80-90% MHR	1
Name the component of fitness when fartlek training	Cardiovascular endurance	1
Name the component of fitness when static stretching	Flexibility	3
Name the training seasons	Pre-season/preparation, competitive/peak/playing season, post season/closed season/transition	6