

<b>Who is the WHO?</b>	W _____ H _____ O _____	2
<b>Fitness can be defined as:</b>		2
<b>Name the 10 components of fitness</b>	A _____, b _____, c _____ e _____, c _____, f _____, m _____ e _____, p _____, r _____ t _____, s _____, s _____	2
<b>Which does each of the following test for?</b> <ul style="list-style-type: none"> <li>• Handgrip Dynamometer</li> <li>• Sit and Reach Test</li> <li>• Vertical Jump Test</li> <li>• Multi-stage Fitness Test</li> </ul>		2
<b>Which tests would you use to test the following?</b> <ul style="list-style-type: none"> <li>• Agility</li> <li>• Balance</li> <li>• Coordination</li> <li>• Muscular endurance</li> <li>• Reaction time</li> <li>• Speed</li> </ul>		2
<b>What does SPORT stand for?</b>	S _____, P _____, O _____, R _____, T _____	5
<b>Define the FITT principle</b>		4
<b>What do the letters in FITT stand for?</b>	F _____, I _____, T _____, T _____	3
<b>What percentage is you MHR in the aerobic training zone?</b>	_____ % MHR	1
<b>What percentage is you MHR in the anaerobic training zone?</b>	_____ % MHR	1
<b>Name the component of fitness when fartlek training</b>		1
<b>Name the component of fitness when static stretching</b>		3
<b>Name the training seasons</b>	Pre-season/preparation, competitive/peak/playing season, post season/closed season/transition	6