

Dominoes: fitness and training



A	Aerobic endurance
Q	Percentage of body weight that is fat

A	Strength
Q	Ability to move the whole body or a body part quickly

A	Body composition
Q	Ability of muscles to keep contracting without getting tired

A	Fartlek training
Q	A series of exercises arranged in a specific order and performed one after the other

A	Heart rate training
Q	Training in which one sprint is separated from the next by a period involving either jogging or walking

A	Speed
Q	Ability to use two body parts together



A	Flexibility
Q	Ability of the body to exercise for long periods of time without getting tired

A	Balance
Q	Time it takes to move in response to a stimulus

A	Hollow sprints
Q	Range of movement available at a joint or series of joints

A	Coordination
Q	Ability to change the position of the body quickly

A	Agility
Q	Ability to keep control of the body

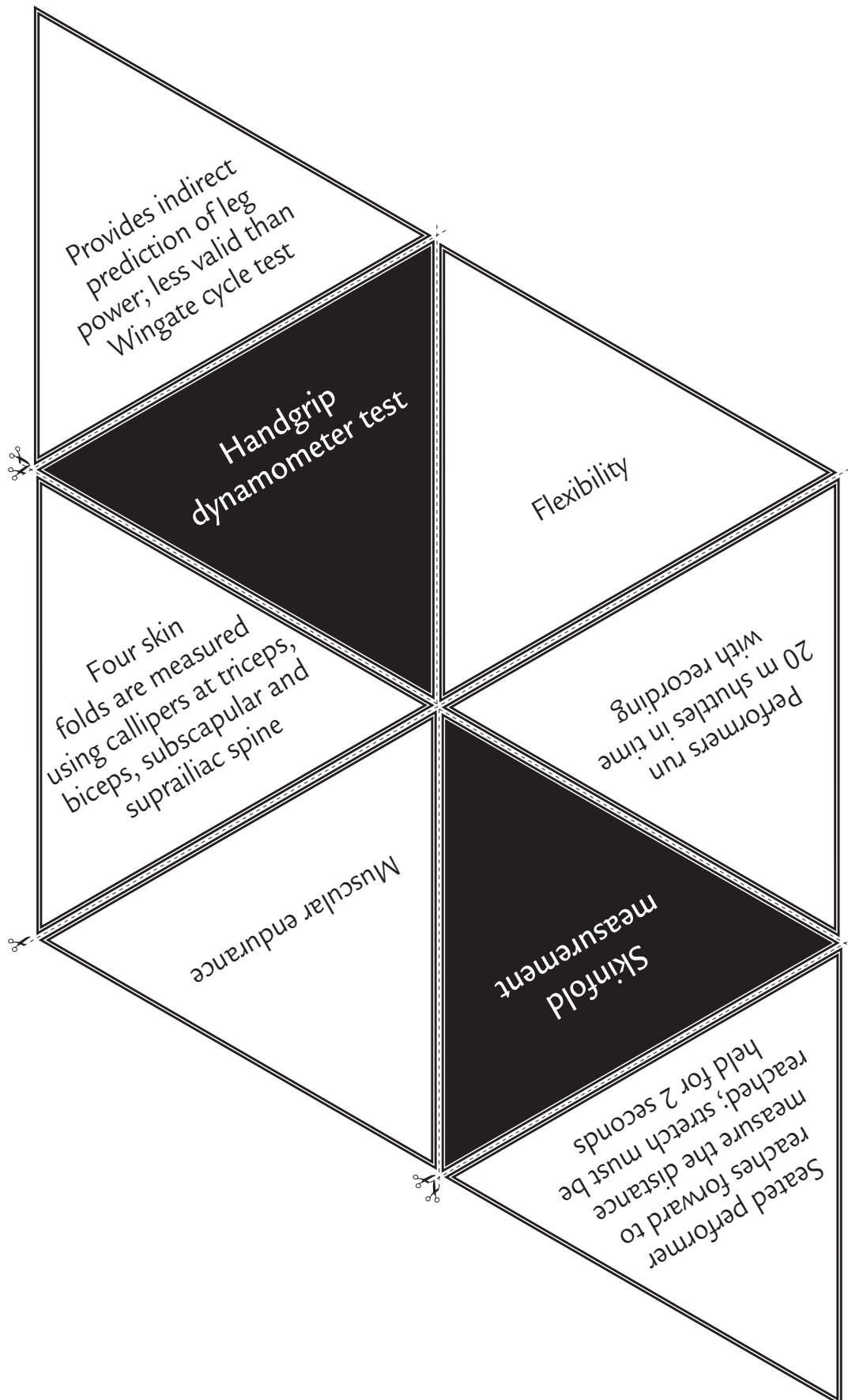
A	Power
Q	Using any form of resistance to place an increased load on a muscle or muscle group

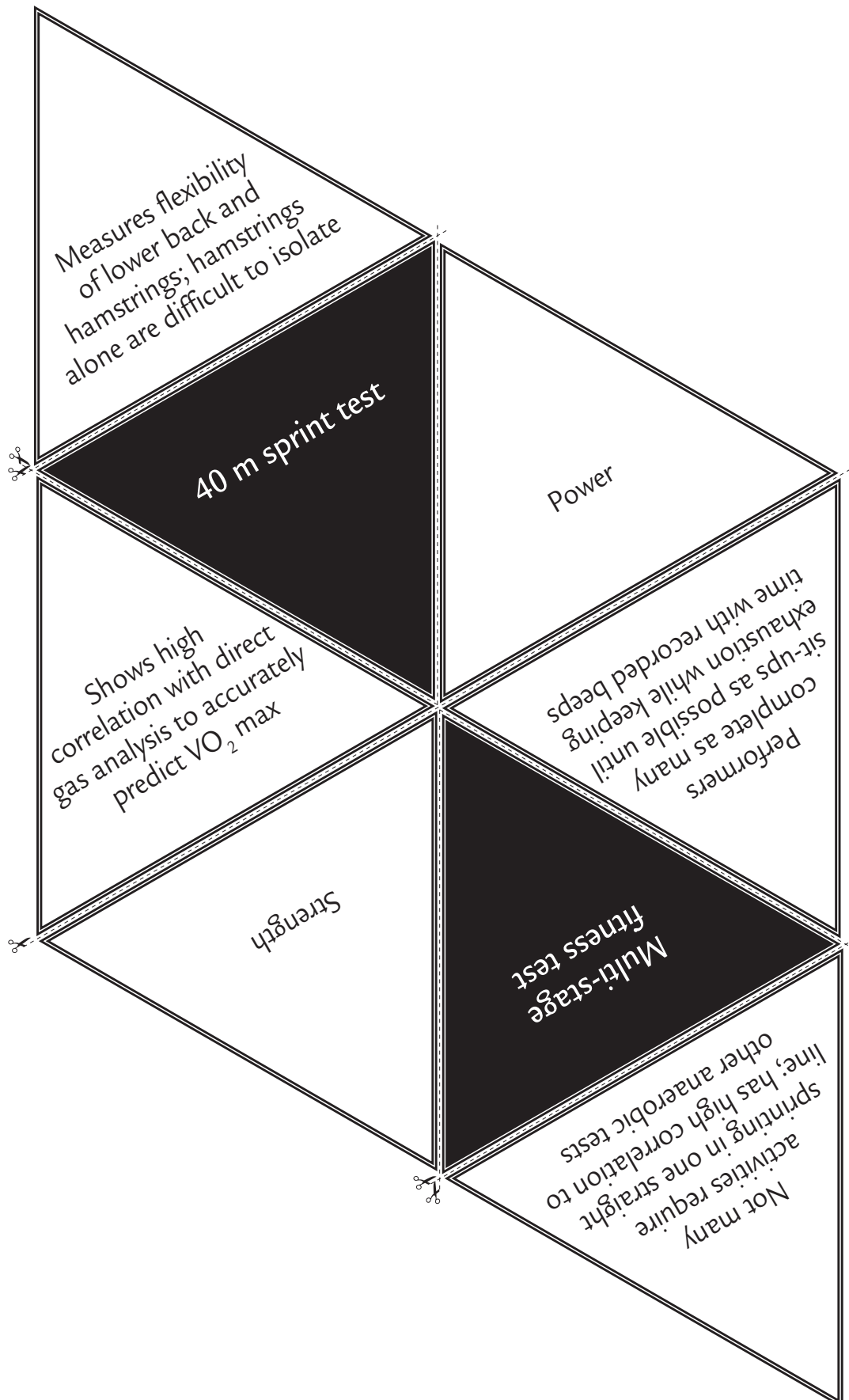
Matching: fitness tests and components of fitness

Component of fitness	Fitness test	
Sit-and-reach test	Vertical jump	40 m sprint test
Bioelectrical impedance analysis	Grip dynamometer	Multi-stage fitness test
1RM	Body mass index	Step test

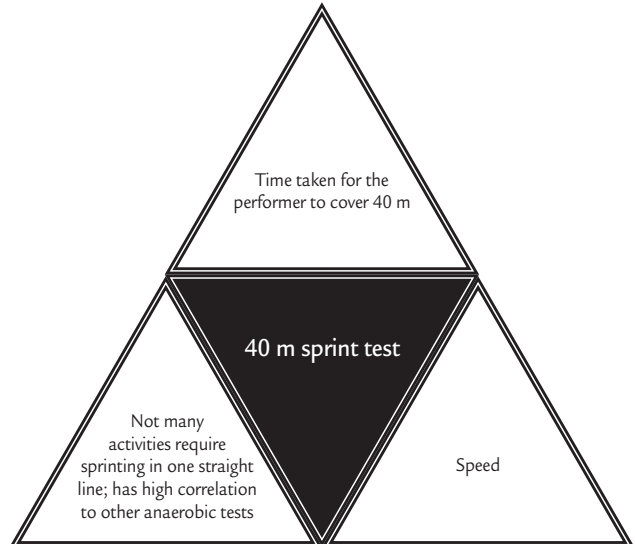
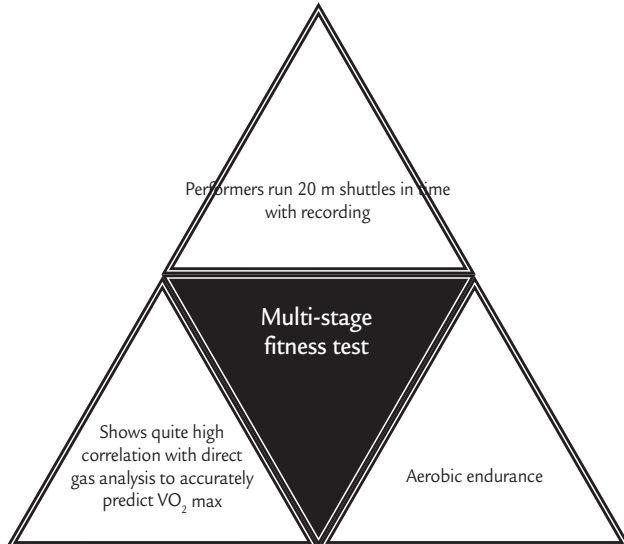
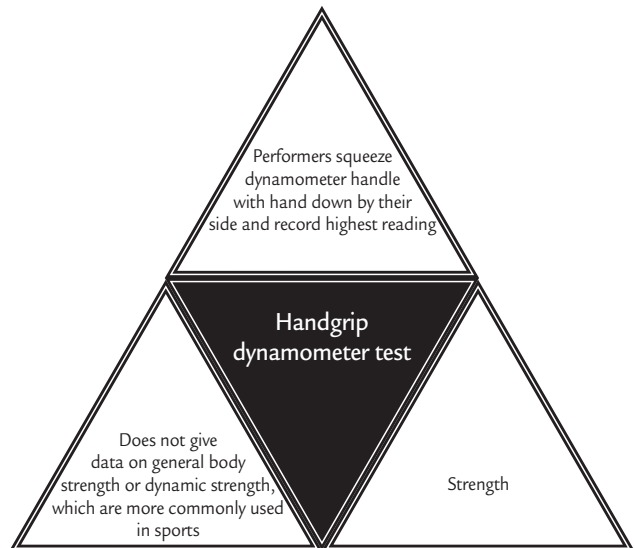
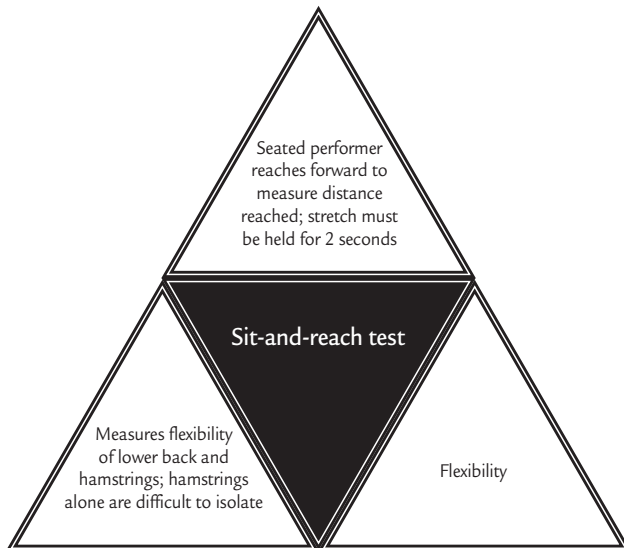
One-minute press-up test	Power	Strength
Muscular endurance	Aerobic endurance	Speed
Body composition	Flexibility	

Triominoes: fitness tests





Teacher answers



Missing words: arousal and sports performance

arousal decreases readiness control performance high
 better anxiety low positive negative optimal

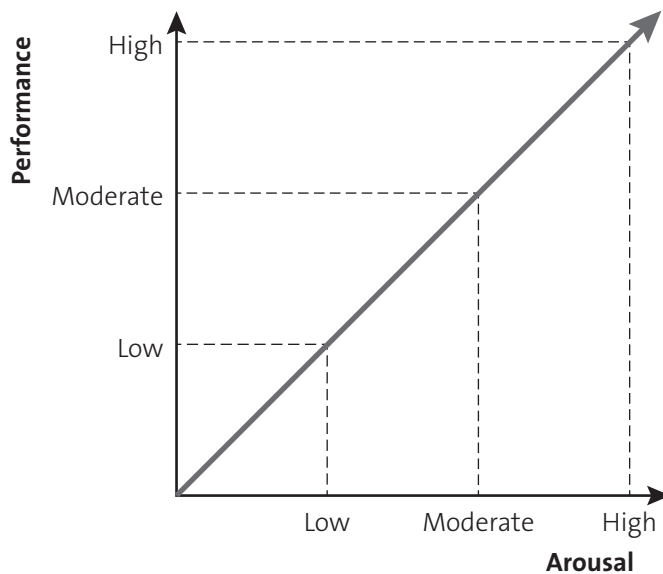
Arousal is a state of or alertness. All sports performers need to be aroused if they want to perform at their best.

The effects of arousal can be or While, raising arousal can increase readiness to perform, it can also cause worry and increase

The ability to arousal levels has been associated with optimal sports performance.

Arousal theories

Drive theory



The theory suggests that there is a linear relationship between arousal and performance. As increases, so does

The more 'learned' a skill is, the more likely it is that high level of arousal will result in a performance.

Bingo: psychological factors



Intrinsic motivation
Arousal
Anxiety
Personality
Extrinsic motivation

Drive theory
Introvert
Intangible rewards
Achievement motivation
Motivation

Concentration
Tangible rewards
Positive reinforcement
Extrovert
Inverted 'U' theory

A bingo card template. At the top, the letters B, I, N, G, O are arranged horizontally in large, bold, black letters. Below this is a 3x3 grid of empty squares. At the bottom of the grid, five numbers are arranged horizontally: 4, 11, 16, 33, and 51. Each number is inside a circular shape that looks like a bingo ball.



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A second identical bingo card template. At the top, the letters B, I, N, G, O are arranged horizontally in large, bold, black letters. Below this is a 3x3 grid of empty squares. At the bottom of the grid, five numbers are arranged horizontally: 4, 11, 16, 33, and 51. Each number is inside a circular shape that looks like a bingo ball.



Teacher definitions

Intrinsic motivation

Drive that comes from within, the need to achieve something for personal satisfaction

Extrinsic motivation

Drive to perform to win or gain tangible or intangible rewards

Motivation

Internal states and external pressures that direct an individual towards a goal

Arousal

A physiological state of alertness and anticipation that prepares the body for action

Anxiety

Nervousness about a forthcoming event

Positive reinforcement

Rewarding the correct response

Drive theory

As arousal increases so does performance

Inverted 'U' theory

Arousal only affects performance up to an optimal point

Personality

Individual characteristics that make us unique

Intangible rewards

External rewards that cannot be touched, e.g. praise

Tangible rewards

External rewards that can be touched, e.g. medal

Introvert

More likely to take part in individual sports

Extrovert

More likely to take part in team sports

Concentration

Ability to maintain focus

Achievement motivation

Desire to succeed and a willingness to persist despite the possibility of failure