Unit 1- Fitness for sport and exercise (The exam unit!!)

Key word bank

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| Key word | Meaning |
| Aerobic endurance |  |
| Muscular endurance |  |
| Body Composition |  |
| Flexibility |  |
| Speed |  |
| Muscular strength |  |
| Agility |  |
| Balance |  |
| Coordination |  |
| Power |  |
| Reaction time |  |
| Maximum heart rate |  |
| Borg rating of perceived exertion |  |
| Frequency |  |
| Intensity |  |
| Time |  |
| Type |  |
| Specificity |  |
| Progressive overload |  |
| Adaption |  |
| Reversibility |  |
| Variation |  |
| Warm up |  |
| Cool down |  |
| Flexibility training |  |
| Static stretching (Active and passive) |  |
| Ballistic stretching |  |
| PNF stretching |  |
| Free weights |  |
| Circuit training |  |
| Plyometric training |  |
| Continuous training |  |
| Fartlek training |  |
| Interval training |  |
| Hollow sprint training |  |
| Acceleration sprint training |  |
| Informed consent form |  |
| Reliability |  |
| Validity |  |
| Practicality |  |
| Sit and reach | What is it? What does it measure? |
| Grip dynamometer | What is it? What does it measure? |
| Multi-stage fitness test | What is it? What does it measure? |
| 35m sprint test | What is it? What does it measure? |
| Illinois agility test | What is it? What does it measure? |
| Vertical jump test | What is it? What does it measure? |
| One minute press up and sit up test | What is it? What does it measure? |
| Jackson-Pollock nomogram test | What is it? What does it measure? |
| BMI | What is it? What does it measure? |