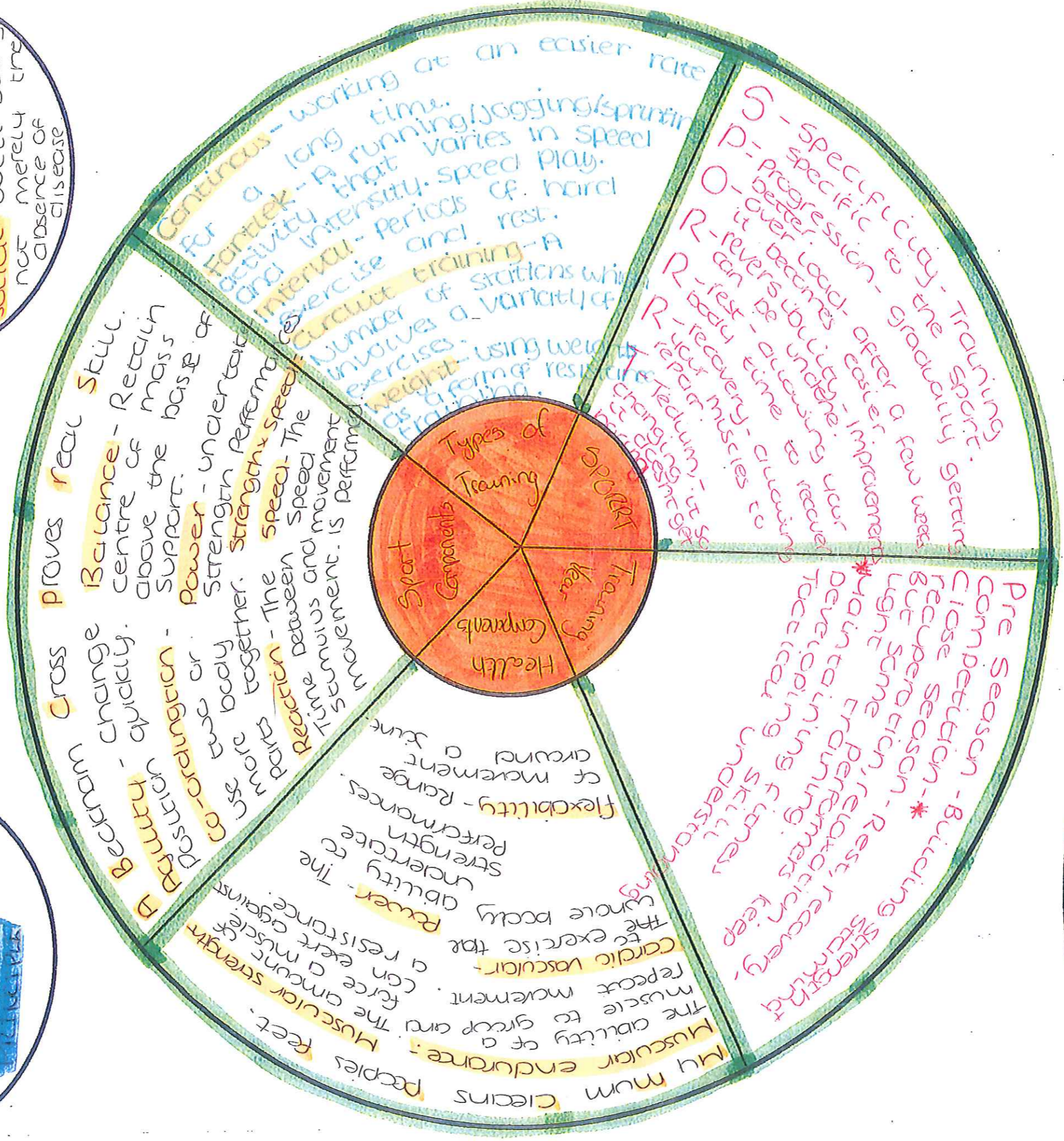


# UNIT 2 - TRAINING

**Frequency** - How often  
**Intensity** - How hard  
**Time** - How long  
**Type** - what exercise  
**Intensity**

**Definitions**  
**Fitness**: The ability to meet the demands of the environment.  
**Health**: A state of complete physical, mental and social well being not merely the absence of disease.



**Key Words**  
 Sport tests -  
 Agility: Illinois agility run  
 Balance: standing stork test  
 Co-ordination: Handball toss test  
 Power: standing long jump  
 Reaction: Ruler drop test  
 Speed: 30m Sprint

**Key Words**  
 Health tests -  
 Muscular strength: one max rep test  
 Muscular endurance: Sit up test  
 Cardiovascular: 12 minute run  
 Power: standing high jump  
 Flexibility: Sit and reach test