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| **Year** | **PPR** | **MKS** | **TOPIC** | **Question** |
| 2016 | 1 | 1 | 6.3.1 | Which is a health-related fitness component? (Muscular strength) |
| **2015** | **2** | **4** | **6.3.1** | **Distinguish between health-related fitness and performance-related (skill-related) fitness.** |
| 2014 | 1 | 1 | 6.3.1 | What is an essential element of a general training programme? |
| **2014** | **2** | **1** | **6.3.1** | **Define health-related fitness.** |
| 2013 | 1 | 1 | 6.3.1 | Which of the following is a performance-related (skill-related) fitness component? |
| 2013 | 1 | 1 | 6.3.1 | Which is health-related aspect of fitness? |
| 2012 | 1 | 1 | 6.3.1 | Which is a performance-related (skill-related) fitness component? |
| 2011 | 1 | 1 | 6.3.1 | Which is classified as a health related fitness component? |
| 2016 | 1 | 1 | 6.3.2 | What describes the force that a muscle or group of muscles can exert in a single contraction? |
| 2014 | 1 | 1 | 6.3.2 | Which component of fitness is a combination of strength and speed? |
| **2013** | **2** | **1** | **6.3.2** | **Define the term speed.** |
| 2016 | 1 | 1 | 6.3.3 | Which are tests for body composition? |
| 2016 | 1 | 1 | 6.3.3 | Which component of fitness is estimated when undertaking Cooper's 12 Minute Run? |
| 2016 | 1 | 1 | 6.3.3 | What test is valid for measuring muscular endurance? |
| **2016** | **2** | **1** | **6.3.3** | **State one fitness test used for measuring muscular power.** |
| **2016** | **2** | **2** | **6.3.3** | **List three tests of aerobic capacity.** |
| **2016** | **2** | **5** | **6.3.3** | **Evaluate one of these tests (for aerobic capacity)** |
| 2015 | 1 | 1 | 6.3.3 | Which component of fitness is tested when subjects successfully complete a handball toss? |
| 2014 | 1 | 1 | 6.3.3 | Which test measures muscular strength? |
| **2014** | **2** | **4** | **6.3.3** | **Evaluate one method of testing maximal oxygen uptake for sports players.** |
| 2014 | 1 | 1 | 6.3.3 | Which is a test to measure body composition? |
| **2014** | **2** | **1** | **6.3.3** | **Identify one skill-related fitness test used in the study.** |
| 2013 | 1 | 1 | 6.3.3 | Which are valid tests for aerobic capacity? |
| **2013** | **2** | **3** | **6.3.3** | **Evaluate one fitness test that would be appropriate for measuring leg power.** |
| 2013 | 1 | 1 | 6.3.3 | Which is a valid test of muscular endurance? |
| **2012** | **2** | **4** | **6.3.3** | **Outline the protocol used in the multistage fitness test.** |
| **2012** | **2** | **6** | **6.3.3** | **Evaluate two methods of body composition testing.** |
| 2011 | 1 | 1 | 6.3.3 | Which fitness test is most appropriate for measuring coordination? |
| **2011** | **2** | **2** | **6.3.3** | **Outline a fitness test for a tennis player to assess - Reaction time** |
| 2009 | 1 | 1 | 6.3.3 | Which of the following is not a valid test for aerobic capacity? |
| **2009** | **2** | **3** | **6.3.3** | **Discuss how a field test of aerobic fitness, e.g. the 12 min cooper run or MSFT, should be validated.** |
| **2013** | **2** | **1** | **6.3.4** | **Identify the component of fitness measured by the standing broad jump.** |
| **2015** | **2** | **4** | **6.4.1** | **Describe the role of stretching in a general training programme.** |
| 2013 | 1 | 1 | 6.4.1 | Which are the essential elements of a general training program? |
| **2016** | **2** | **1** | **6.4.2** | **Define the term *overload* as a principle of training.** |
| **2016** | **2** | **2** | **6.4.2** | **Using examples, discuss two ways overload could be applied to an endurance training program.** |
| 2015 | 1 | 1 | 6.4.2 | Which will occur should an athlete not train for a period of time? |
| **2015** | **2** | **6** | **6.4.2** | **Discuss the key principles of training programme design for resistance training.** |
| **2014** | **2** | **2** | **6.4.2** | **Outline one principle of training programme design for a sports player.** |
| **2014** | **2** | **4** | **6.4.2** | **Describe how a 200 m butterfly swimmer could apply the principles of specificity and overload to their training program.** |
| **2013** | **2** | **5** | **6.4.2** | **Discuss the principle of overload in training program design.** |
| **2013** | **2** | **4** | **6.4.2** | **Describe how a student could apply principles of training to improve their performance on the multistage fitness test.** |
| 2009 | 1 | 1 | 6.4.2 | Which if the following is not an aspect of the overload principle of training? |
| **2009** | **2** | **1** | **6.4.2** | **With regard to training program design, describe the principle of overload.** |
| **2016** | **2** | **2** | **6.4.3** | **Outline how perceived exercise intensity can be measured using the Borg scale.** |
| **2015** | **2** | **4** | **6.4.3** | **Distinguish between the Karvonen method and the training heart rate range to monitor exercise intensity.** |
| 2015 | 1 | 1 | 6.4.3 | Which of the following can be used to monitor exercise intensity? |
| **2015** | **2** | **2** | **6.4.3** | **Outline the ways in which exercise intensity can be monitored.** |
| 2015 | 1 | 1 | 6.4.3 | Which method of exercise intensity is specifically for children? |
| 2014 | 1 | 1 | 6.4.3 | How is the Karvonen method best described? |
| **2013** | **2** | **4** | **6.4.3** | **Outline two ways exercise intensity can be monitored.** |
| 2012 | 1 | 1 | 6.4.3 | Which of the following represents the OMNI scale of perceived exertion? |
| 2011 | 1 | 1 | 6.4.3 | What is the name of the method of assessing exercise intensity with this equation? |

Distinguish between health-related fitness and performance-related (skill-related) fitness.

Define health-related fitness.

Define the term speed.

State one fitness test used for measuring muscular power.

List three tests of aerobic capacity.

Evaluate one of these tests (for aerobic capacity)

Evaluate one method of testing maximal oxygen uptake for sports players.

Identify one skill-related fitness test used in the study.

Evaluate one fitness test that would be appropriate for measuring leg power.

Outline the protocol used in the multistage fitness test.

Evaluate two methods of body composition testing.

Outline a fitness test for a tennis player to assess - Reaction time

Discuss how a field test of aerobic fitness, e.g. the 12 min cooper run or MSFT, should be validated.

Identify the component of fitness measured by the standing broad jump.

Describe the role of stretching in a general training program.

Define the term overload as a principle of training.

Using examples, discuss two ways overload could be applied to an endurance training program.

Discuss the key principles of training program design for resistance training.

Outline one principle of training program design for a sports player.

Describe how a 200 m butterfly swimmer could apply the principles of specificity and overload to their training program.

Discuss the principle of overload in training program design.

Describe how a student could apply principles of training to improve their performance on the multistage fitness test.

With regard to training program design, describe the principle of overload.

Outline how perceived exercise intensity can be measured using the Borg scale.

Distinguish between the Karvonen method and the training heart rate range to monitor exercise intensity.

Outline the ways in which exercise intensity can be monitored.

Outline two ways exercise intensity can be monitored.