

**BTEC  
FIRST**

endorsed for  
**BTEC**

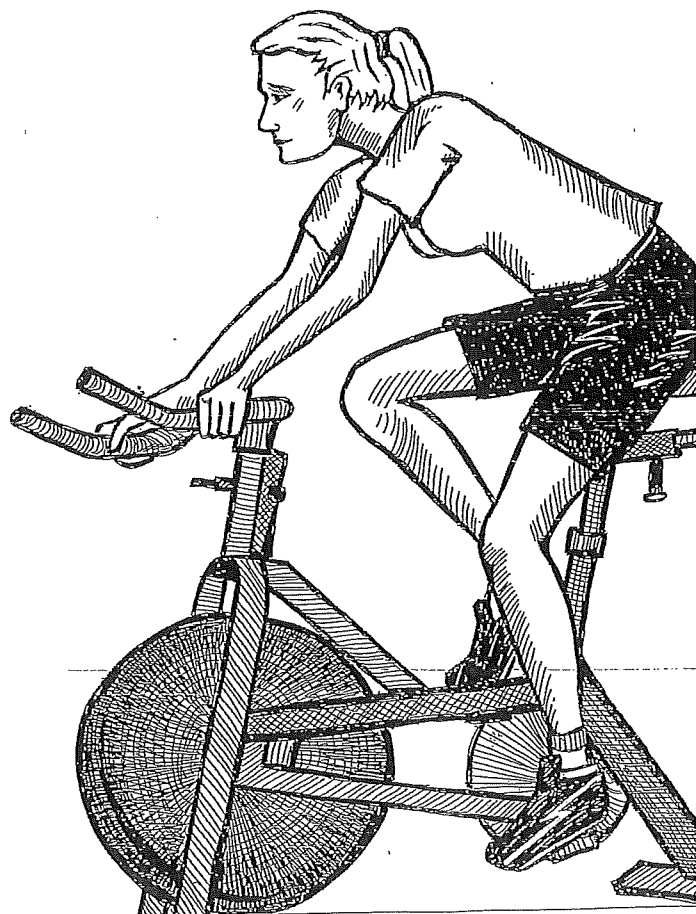
**REVISE BTEC**

**Sport**

Unit 1: Fitness and Health

Unit 2: Sports and Physical Activity

# REVISION GUIDE



Had a look ☐

Nearly there ☐

Nailed it! ☐

**UNIT 1**  
Learning aim A

# Aerobic endurance

Aerobic endurance is one of the six components of physical fitness.  
It is important for any sustained physical activity.

Aerobic endurance is the ability of the **CARDIORESPIRATORY SYSTEM** to work efficiently, supplying **NUTRIENTS** and **OXYGEN** to working **MUSCLES** during sustained physical activity.

Activities that last for a long time require excellent aerobic endurance. Think of marathon running, long-distance swimming and triathlons.



Marathon runners need excellent aerobic endurance to ensure that they can continue to run over a long distance.

## Physical fitness

There are six components of physical fitness:

- aerobic endurance
- muscular endurance
- flexibility
- speed
- muscular strength
- body composition.

You will learn about the other components in the following pages.

## Remember

**AEROBIC** means in the presence of oxygen.

**ANAEROBIC** means without oxygen.

Aerobic endurance is also known as cardiorespiratory fitness, cardiorespiratory endurance and aerobic fitness.

## The cardiorespiratory system

The cardiorespiratory system is made up of the cardiovascular system and the respiratory system.

The table to the right shows the components that make up each of these.

The cardiorespiratory system:

- uptakes oxygen from the air that you breathe in
- transports nutrients and oxygen around your body
- takes oxygen to working muscles
- removes waste products such as carbon dioxide from the body.

Cardiovascular system	Respiratory system
Heart	Lungs
Blood	Airways
Blood vessels	

## Worked example

Give **one** reason why top-class sprinters do not require good aerobic endurance.

(1 mark)

Sprinters only work for very short periods of time so aerobic endurance is not a physical fitness requirement for them.

There is only one mark available so think carefully about how much to write.

## Now try this

Explain **one** reason why aerobic endurance is important for an athlete competing in a triathlon.

(2 marks)

# Muscular endurance

Muscular endurance is one of the six components of physical fitness. It is important for sustained muscular activity involving light to moderate resistance.

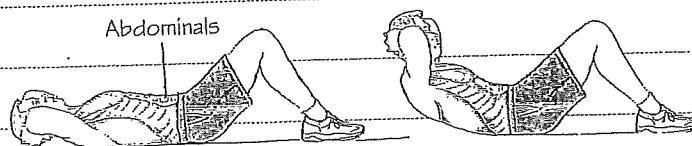
Muscular endurance is the ability of the muscular system to work efficiently, where a muscle can continue contracting continuously against a light-to-moderate fixed resistance load.

In simple terms it is being able to use your muscles repeatedly without them getting tired.

## Voluntary muscles

Voluntary muscles are the muscles attached to your skeleton that help to produce movement.

For example, your abdominal muscles require good muscular endurance if you are going to complete a large number of sit-ups.



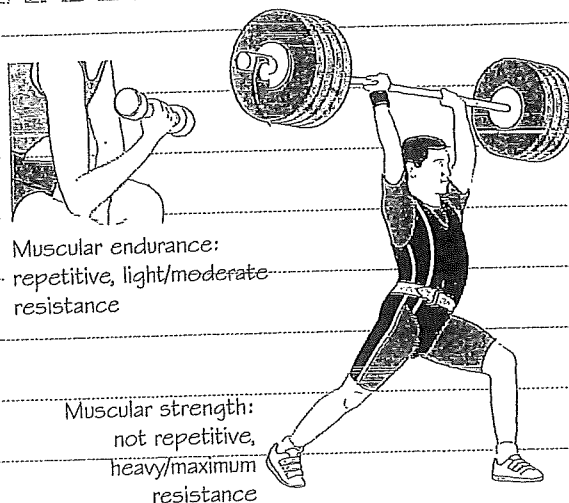
## Muscular endurance versus muscular strength

Muscular endurance and muscular strength are different.

Muscular endurance allows you to:

- work the muscles for a long time without getting tired
- work against light to moderate levels of resistance.

Muscular strength is about working for a shorter time against high levels of resistance. Weightlifters need muscular strength. You will revise muscular strength on page 5.



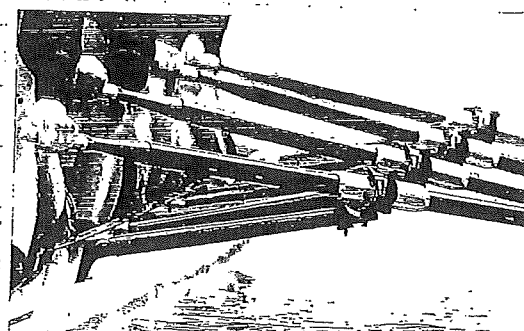
Don't confuse muscular endurance and muscular strength.

## Worked example

Look at the image of the rowing crew competing in a race.

Describe why these athletes need good muscular endurance for their event. (2 marks)

Rowers have excellent muscular endurance in their legs, back and arm muscles. They have to keep repeating the same movement against the resistance of the water for the duration of their race.



## Now try this

Make sure you refer to the length of the event.

Explain why a 1500 m swimmer requires good muscular endurance. (2 marks)

Had a look ☐

Nearly there ☐

Nailed it! ☐

**UNIT 1**  
Learning aim A

# Flexibility

Flexibility is one of the six components of physical fitness. Flexibility is important to ensure an adequate range of movement.

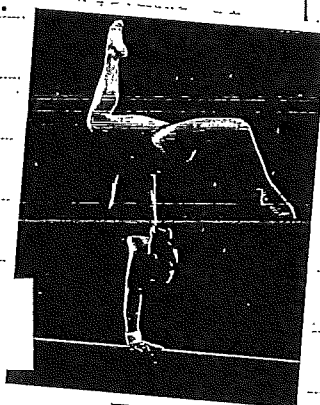
Flexibility can be defined as having an adequate range of motion in all joints of the body; the ability to move a joint fluidly through its complete range of movement.

## All-round flexibility

Some sports performers require good all-round flexibility. Gymnasts need high levels of flexibility in order to move, bend and flex their bodies around the different pieces of apparatus. Other sports performers might need flexibility in more specific joints.

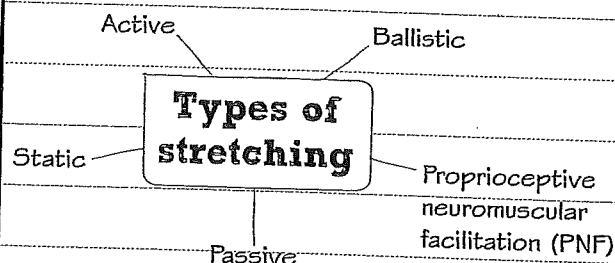
For example, hurdlers need good hip flexibility in order to achieve an accurate hurdling position.

Gymnasts need high levels of flexibility.



## Stretching to improve flexibility

You can improve your flexibility by doing STRETCHING exercises. Stretching can help to make muscles more elastic so that your joints can move fluidly through their complete range of movement.



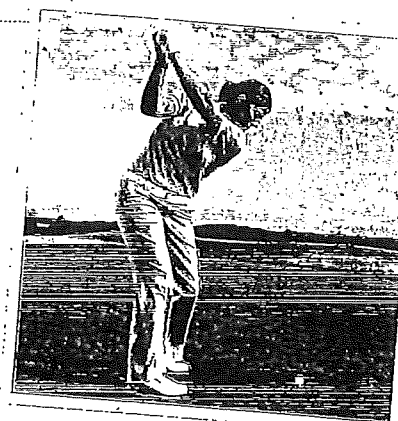
You will learn more about these types of stretches on pages 25 and 27.

## Worked example

The image shows a golfer preparing to swing.

Explain **one** reason why shoulder flexibility is important for this performer. (2 marks)

Having good shoulder flexibility allows the golfer to increase the range of motion in her swing so that more power can be applied to the ball to make it travel further.



## Now try this

Flexibility is important in all sporting activities.

Complete the table below to show how flexibility would be used by each performer. (3 marks)

Performer	How is flexibility used in their activity?
A figure skater during their routine	
A tennis player when hitting the ball	
A hurdler when clearing the hurdle	

# Speed

Speed is one of the six components of physical fitness. Some sports are all about speed, such as sprinting, and many others involve speed combined with other components of physical fitness. Speed can be defined as: DISTANCE TRAVELLED DIVIDED BY TIME TAKEN. There are three types of speed.

## 1 Accelerative speed

After sprinting for approximately 30 m, a sports performer will have accelerated to his or her top speed. In gymnastics, the vault run-up is approximately 25 m long, so the gymnast is almost at top speed when they reach it, increasing the height and distance of their vault.

### Calculating speed

Speed is measured in metres per second (m/s).

To work out how fast someone travelled you need to use the following formula:

$$\frac{\text{DISTANCE TRAVELLED}}{\text{TIME TAKEN}} = \text{SPEED (m/s)}$$

For example, if you run 100 m in 14 seconds, your speed would be calculated as follows:

$$\frac{100}{14} = 7.14 \text{ m/s}$$

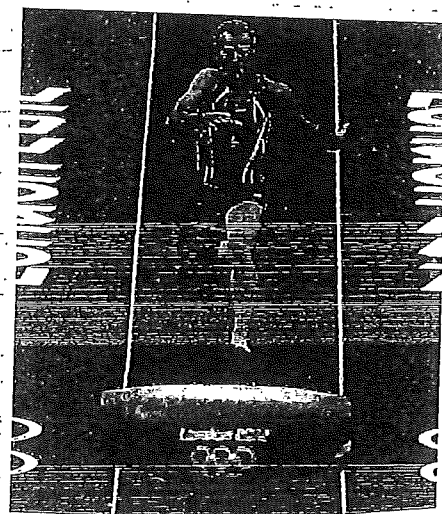
## 2 Pure speed

Some events, like sprints up to 60 m, are all about speed: the event is won by achieving the quickest time. The faster an athlete runs, the greater his or her speed.

## 3 Speed endurance

Speed endurance is an athlete's ability to sustain maximum, or near maximum, episodes of speed over a prolonged period of time with short periods of recovery.

Footballers require good speed endurance – they spend lots of time chasing, moving and passing the ball but get periods of rest when the ball is not in their area of the pitch. Footballers can use speed to beat an opponent to a loose ball.



The vault run-up takes advantage of accelerative speed.

### Worked example

There are three types of speed: accelerative speed, pure speed and speed endurance.

Explain which type of speed is most important to a long jumper. (2 marks)

Accelerative speed is most important because a long jumper needs to be travelling at maximum speed at take-off to maximise the length of the jump.

Don't forget to state the type of speed and then say why it is important.

Don't forget to show your workings.

### Now try this

An athlete runs 200 m in 24.5 seconds.

Calculate the athlete's average speed over this distance. (2 marks)

Had a look ☐

Nearly there ☐

Nailed it! ☐

UNIT 1  
Learning aim A

# Muscular strength

Muscular strength is one of the six components of physical fitness and is needed for activities that require force.

Muscular strength is the maximum force – measured in kilograms (kg) or newtons (n) – that can be generated by a muscle or group of muscles.

Muscular strength is needed for activities that require a significant or maximal force.

For example, a weightlifter needs good muscular strength to lift heavy weights.

## Strength vs. endurance

Don't get muscular strength confused with MUSCULAR ENDURANCE or POWER – they are all different.

- Muscular strength is about exerting a maximum force and by its very definition could not be done repeatedly, so it is different from muscular endurance.
- Power is about being able to use muscular strength at speed.

## Worked example

### Body composition in sport

BODY COMPOSITION is one of the six components of physical fitness. Athletic success is a combination of body composition and athletic ability.

Body composition will impact on sports performers.

Sprinters benefit from having a low ratio of body fat to muscles as a leaner body performs better and faster, while sumo-wrestlers will normally have a higher body fat to muscle ratio as body mass is important to their success.

Look at the images on the right.

Match the images with the appropriate description.  
(2 marks)

An athlete using muscular power. Muscular power is the ability to use muscular strength at speed.

An athlete using muscular strength. Muscular strength is the maximum force that a muscle is able to exert. It makes no reference to the speed of this exertion.



Think about the difference between muscular strength and muscular power.

## Now try this

Complete the table below by giving an example of how muscular strength would be used by each performer.  
(3 marks)

Performer	How is muscular strength used?
Sprinter	
Rugby player	
Gymnast	



# Agility

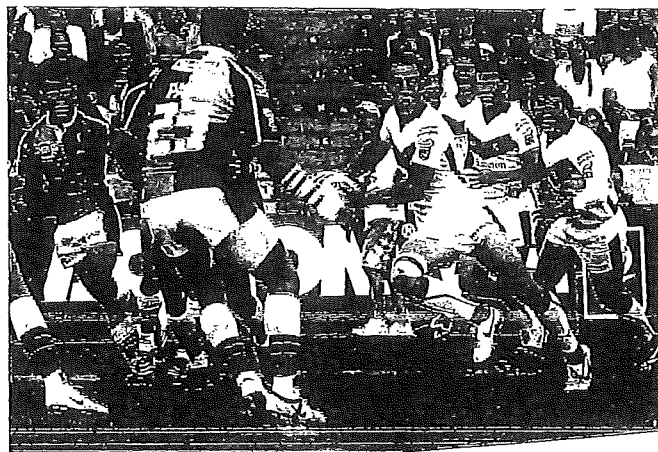
There are five components of skill-related fitness. Agility is one of these. Agility is the ability of a sports performer to quickly and precisely move or change direction without losing balance or time.

## Agility in action

Sports performers are often required to dodge and move quickly past the opposition to create space and score goals.

This is most common in team sports where there are lots of players in the same space at the same time.

If performers do not have good agility then it is easier for the defence to mark them closely and make tackles, intercept passes and keep them out of the game.



Rugby players need to have good agility in order to change direction quickly and avoid tackles from opposing players.

## When is agility not important?

100 m sprinters do not have to change direction or worry about other players.

## Improving agility

Sports performers can improve their agility by taking part in SPEED, AGILITY, QUICKNESS (SAQ) TRAINING. This involves lots of quick, explosive movements.

## Worked example

Describe **one** example that shows why agility may be needed in a sport of your choice. (2 marks)

In netball, agility is required by the wing attack in order to dodge away from the wing defence and into space on a centre pass. If the player does not have good agility the defender will be able to keep up with them and is more likely to intercept a pass.

The question asks for an example. It is a good idea to choose a sport where there are obvious examples so that you can describe one well.

During the online test, you can use the 'review' button to go back and check your answers.

## Now try this

When explaining why agility is important, try to give specific examples of when it may be used in a game situation.

Explain why agility is important for a basketball player. (2 marks)

Had a look ☐ Nearly there ☐ Nailed it! ☐

UNIT 1  
Learning aim A

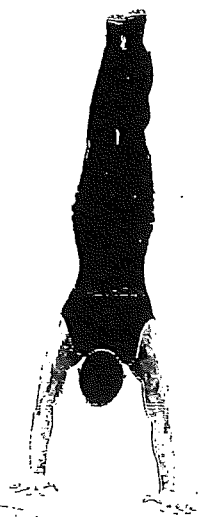
# Balance

Balance is one of the five components of skill-related fitness and can be defined as the ability of a performer to maintain their centre of mass over a base of support. Balance is used in all activities but there are some in which balance is especially important. There are two types of balance.

## 1 Static balance

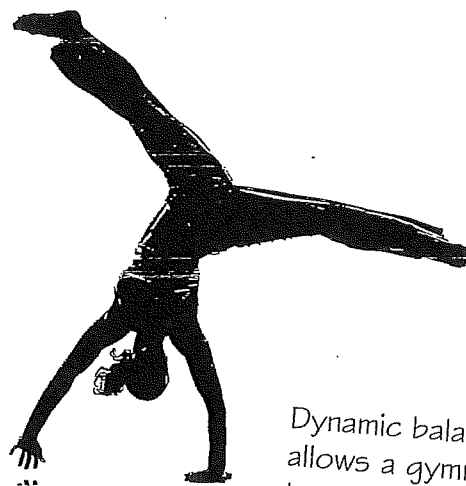
STATIC BALANCE is maintaining balance in a STATIONARY position. A gymnast uses static balance during a handstand to hold their position still.

A handstand requires the use of static balance.



## 2 Dynamic balance

DYNAMIC BALANCE is all about a performer's ability to maintain balance while in MOTION; for example, a gymnast's ability to perform a controlled cartwheel or an athlete's ability to run without falling over.



Dynamic balance allows a gymnast to maintain control during a cartwheel.

## Worked example

Which of the following is an example of static balance?

(1 mark)

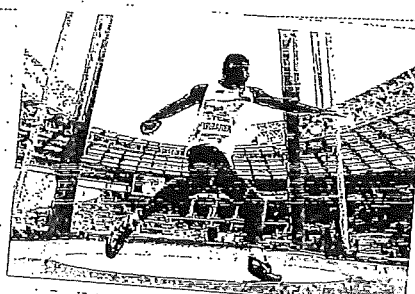
- A ☐ A footballer dribbling a ball
- B ☒ A headstand
- C ☐ A backflip
- D ☐ A sprinter competing in the 100 m

In some activities it might not be obvious why balance is important. Think about the activity from start to finish. Is there a time when balance is most important?

## Now try this

Look at the image, which shows an athlete in the discus throw event.

Give **one** example of why balance is important for this athlete.  
(1 mark)





# Coordination

Coordination is one of the five components of skill-related fitness and is the ability to use parts of the body together to move smoothly and accurately. Good coordination ensures that tasks are performed efficiently and accurately. There are three types of coordination.

## 1 Hand-eye coordination

Good HAND-EYE COORDINATION is needed in lots of sports. For example, baseball players need to ensure that the bat and ball make contact.

## 2 Foot-eye coordination

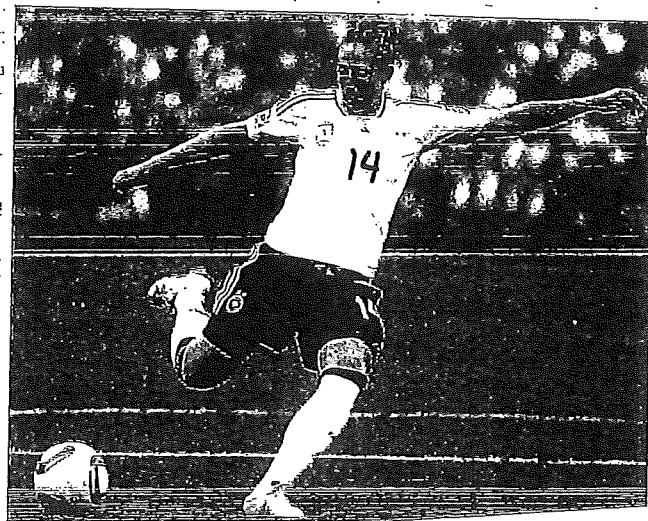
Good FOOT-EYE COORDINATION is needed in football to allow the players to watch the ball move towards and away from their feet and keep it under control.

## 3 Hand-to-hand coordination

Good HAND-TO-HAND COORDINATION is needed by a basketball player to switch hands when dribbling the ball.

### Poor coordination

Poor coordination reduces accuracy and can lead to mistakes that can cost vital points. It can also lead to injury during training.



Football players need excellent foot-eye coordination to keep the ball under control.

If a question asks you to 'explain', make sure you give specific examples to support the statement. Make it clear which body parts are working together.

### Worked example

Using a specific sports example, explain how poor coordination may increase the risk of injury. (2 marks)

If a gymnast on the beam does not have good coordination they are more likely to misjudge where the beam is and get their foot/hand placement wrong. This increases the chance that they will fall off the beam and injure themselves.

### Now try this

Look at the netball player in the image below.

Give **one** example of when a netball player would use hand-eye coordination in their sport. (1 mark)



Had a look ☐Nearly there ☐Nailed it! ☐UNIT 1  
Learning aim A

# Power

Power is one of the five components of skill-related fitness. Power is the ability to use strength at speed.

In order to have power you must have both STRENGTH and SPEED.

## Calculating power

Power can be calculated as follows:

$$\text{POWER} = \text{STRENGTH} \times \text{SPEED}$$

Power is expressed as the work done in the time taken. So the faster or stronger a movement is, the more powerful it will be.

## Power in sport



Badminton players use power in a successful smash shot.

Power is important in lots of different activities. Think of activities that have lots of explosive movements in them.

A good example is the smash in badminton. If the player did not have power, the shot would be slower and much easier for the opposition to return. Other examples are a sprinter leaving the starting blocks and a basketball player in a jump shot.

## Physical or skill-related

To be powerful you need to have strength and speed, but also good balance and coordination to direct and control this power.

Make sure you understand how all of the components of fitness are related when you are revising this section.

Physical fitness	Skill-related fitness
Aerobic endurance (page 1)	Agility (page 6)
Muscular endurance (page 2)	Balance (page 7)
Flexibility (page 3)	Coordination (page 8)
Speed (page 4)	Power (this page)
Muscular strength (page 5)	Reaction time (page 10)
Body composition (page 5)	

To show your understanding of all the components of fitness, make sure that you can apply the theory to specific physical activities or sports as in the examples given throughout these pages.

## Worked example

Give **three** examples of a specific moment in which an athlete would need power in their sport. Use a different sport for each example. (3 marks)

1. A sprinter leaving the starting blocks
2. A high jumper at take-off
3. A shot putter releasing the shot

Make sure you give three different examples.

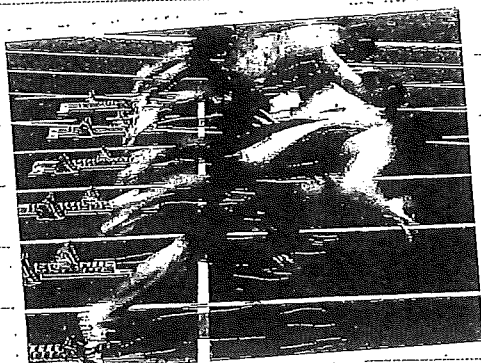
## Now try this

Lucy is a tennis player. She has been told that she needs to improve her power.

Using an example, explain why power is important to a tennis player. (2 marks)

# Reaction time

Reaction time is one of the five components of skill-related fitness and refers to how quickly a sports performer can react or adapt.



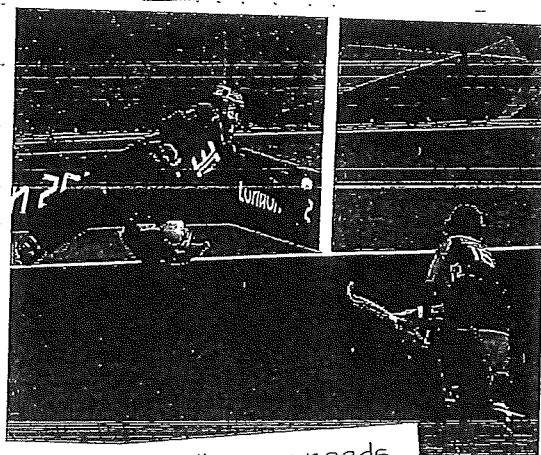
Sprinters need to react quickly to the starting gun to get a good race start.

## What is reaction time?

Reaction time is the time taken for a sports performer to respond to a stimulus and the initiation of this response; for example, the time taken for a 100 m sprinter to hear the starter's gun and then leave their blocks. The shorter this period of time, the faster their reaction time.

Fast reaction time is needed in activities where quick decisions and responses need to be made.

Who needs it?	When would they use it?
Swimmer	To respond quickly to the gun at the start of a race
Tennis player	When they realise they are going the wrong way to return a shot and need to change direction
Hockey goalkeeper	To block shots accurately



A hockey goalkeeper needs to make quick decisions in order to block shots.

## Worked example

For each performer, give **one** example of how they benefit from a fast reaction time.

(2 marks)

Performer	Why is having a fast reaction time important?
Badminton player	To decide quickly on the type of return they will play and to initiate the required movement
Netball player	Has three seconds to decide how to respond to any pass they receive

## Now try this

Give **two** examples that demonstrate the importance of quick reaction times in cricket. (2 marks)

Think about two different playing positions and about when a player in each position might need to respond quickly.

Had a look ☐Nearly there ☐Nailed it! ☐**UNIT 1**  
Learning aim A

# The importance of fitness components for success in sport

The fitness components covered on the previous pages are important for allowing performers to meet the physical and skill-related demands of particular sports.

It is important to consider the aspects of fitness that are required by different sports performers. This allows you to use appropriate fitness training methods and tests that are specific to the training needs of the individual performer.

## What makes a performer successful?

Look at the table below. It shows why certain performers require certain aspects of fitness in order to be successful.

Sports performer	Aspects of fitness	Why do they need it?
100 m sprinter	Speed, reaction time and power	<ul style="list-style-type: none"><li>✓ Speed: to cover the distance as quickly as possible.</li><li>✓ Reaction time: to respond quickly to the starter's pistol.</li><li>✓ Power: to move powerfully out of the blocks to get a good start.</li></ul>
Football striker	Speed and agility	<ul style="list-style-type: none"><li>✓ Speed: to move quickly into position to receive the ball. They also need good speed endurance to be able to continue to move at speed throughout the game.</li><li>✓ Agility: to avoid defenders when in possession of the ball.</li></ul>
Football goalkeeper	Reaction time and flexibility	<ul style="list-style-type: none"><li>✓ Reaction time: to be able to get into position quickly to block shots made on the goal.</li><li>✓ Flexibility: to manipulate (by extending and bending) their bodies into positions to block shots made on the goal from all directions.</li></ul>

Don't forget that in some sports the different positions will have different requirements for successful participation!

## Worked example

Which of the following aspects of fitness is **least** important to a boxer?

- A ☐ Power  
B ☐ Muscular endurance in the arms  
C ☐ Balance  
D ☒ Flexibility

## Now try this

Identify **one** example when coordination is important to a squash player.

(1 mark)

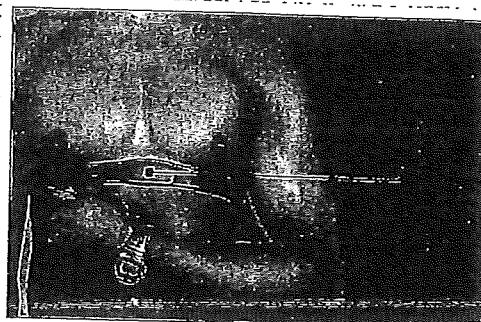
# Exercise intensity: heart rate

Exercise intensity refers to how hard you are working during a training session. Measuring heart rate is one way of measuring exercise intensity.

## Target heart rate

TARGET HEART RATE is the recommended maximum heart rate appropriate for a training zone or physical activity and is the most common method used for measuring exercise intensity. You need a different target heart rate depending on what you are trying to achieve. A target heart rate is the optimal heart rate you need to achieve in order to get specific training adaptations.

Heart rate can be measured manually by counting the pulse or by using a heart rate monitor.



Using a heart rate monitor to measure exercise intensity.

## Why is intensity important?

It is important to get the intensity of your training correct. Training at the wrong intensity may not help to improve the element of fitness you are trying to develop. Training at too high an intensity can result in injury.

## Key terms

You need to understand the following terms in relation to exercise intensity:

**HEART RATE (HR):** the number of times your heart beats per minute. It is measured in beats per minute (bpm).

**RESTING HEART RATE:** your heart rate at rest.

**MAXIMUM HEART RATE (HR<sub>max</sub>):** the maximum recommended safe heart rate for an individual during exercise.

## Calculating maximum heart rate

You need to be able to calculate your maximum heart rate as this will help you to work out your training zones and thresholds (see page 14).

In order to estimate your maximum heart rate, you need to use the following formula:

$$\text{MAXIMUM HEART-RATE} = 220 - \text{AGE}$$

This means that if Bobby is 18 his maximum heart rate would be 202 bpm:

$$220 - 18 = 202$$

## Worked example

The table below shows the ages for three individuals.

Calculate their HR<sub>max</sub> using this information. (3 marks)

Athlete	Age	HR <sub>max</sub>
Rob	19	$220 - 19 = 201$
Nadeem	30	$220 - 30 = 190$
Aoife	54	$220 - 54 = 166$

## Now try this

Jane is a 33-year-old female athlete.

What is Jane's maximum heart rate (HR<sub>max</sub>) in beats per minute (bpm)? (2 marks)



Remember to show your workings when doing calculations. You'll be given a box to show your workings in the online test.

Had a look ☐Nearly there ☐Nailed it! ☐**UNIT 1**  
Learning aim A

# Exercise intensity: the Borg (RPE) scale

Exercise intensity refers to how hard you are working in a training session. You need to be able to explain what the 'rating of perceived exertion' (RPE) scale measures, and how it can be used to measure exercise intensity and calculate heart rate.

## The Borg Rating of Perceived Exertion (RPE) scale

The Borg (RPE) scale measures a performer's rate of perceived exertion – that is, how hard they think they are working.

It is a scale from 6 to 20, where 6 is no exertion at all and 20 is maximum exertion.

Alongside other physiological data it can be used to estimate HEART RATE (HR) and therefore monitor if a person is in the correct training zone, i.e. if they are working at the appropriate intensity.

It is generally agreed that ratings of perceived exertion between 12 and 14 on the scale suggest that physical activity is being performed at a moderate level of intensity. That would mean that AEROBIC ENDURANCE was being improved.

Rating of perceived exertion	Intensity
6	No exertion
7	
8	
9	
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	
20	Maximal exertion

### Using the Borg (RPE) scale to predict heart rate

Instead of using a heart rate monitor, you can use the RPE scale to predict the exercise HR of an individual using the formula:

$$\text{RPE} \times 10 = \text{HEART RATE (bpm)}$$

If an athlete rates themselves at 14 on the RPE scale this would suggest a heart rate of approximately 140 bpm. This can help you to calculate training zones.

The Borg (1970) 6–20 RPE scale.

### Example: Luca

Luca has been playing football for an hour. He rates his exercise intensity as 'hard' as he has been running a lot. He thinks he is at 15 on the Borg (RPE) scale.

This means that his exercise HR is:  
 $15 \times 10 = 150 \text{ bpm}$ .

### Worked example

An individual reports an RPE of 13.

What is their approximate heart rate at this point?  
(1 mark)

A ☐ 120

B ☒ 130

C ☐ 140

D ☐ 145

Think about the situations you might be in when using the RPE scale.

**Now try this**



State **one** benefit of using the Borg (RPE) scale to assess perceived exertion and intensity. (1 mark)



# Exercise intensity: training zones

You will need to be able to explain and calculate training zones.

## Training within your target zones

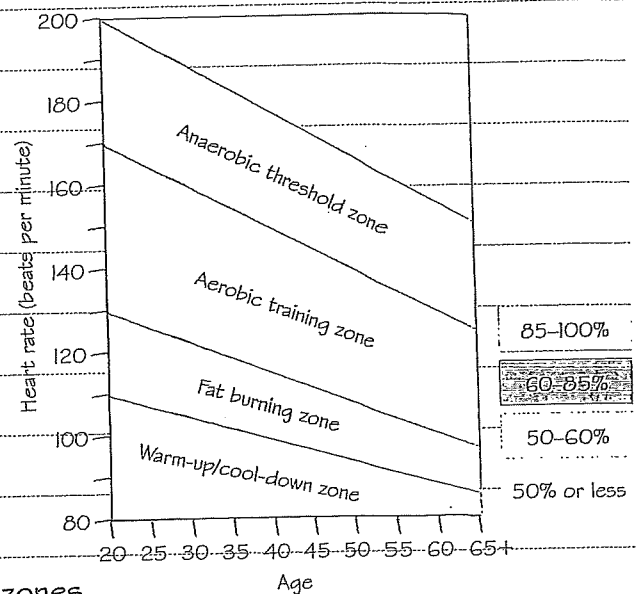
To maximise the training adaptations taking place during exercise you should train within your **TARGET HEART RATE** zone.

The target zone you train within depends on the type of benefits you are hoping to achieve.

If you are trying to improve your aerobic endurance then you need to train within your aerobic training zone, which is 60–85 per cent of your **MAXIMUM HEART RATE (HRmax)**.

If you are training for more explosive, high intensity activities you would need to be working within the **ANAEROBIC** or **HIGH INTENSITY** training zone.

The chart opposite shows the various training zones.



## Calculating your target zones

Your target zones will depend on your age. You need to work out your maximum heart rate and then calculate 60–85 per cent of this total.

Always start with the figure 220.

$220 - \text{your age (or the age of the person who is doing the training)} = \text{HRmax}$



Calculate 60 per cent and 85 per cent of this total to give two figures.



These two figures are the two limits of your aerobic training zone. Your heart rate needs to stay within these limits to improve aerobic endurance.

Lucy is 15 years old.

The calculation for her target zone is:

$$220 - 15 = 205 \text{ (HRmax)}$$



$$60 \times 205 \div 100 = 123 \text{ (60\%)}$$

$$85 \times 205 \div 100 = 174 \text{ (85\%)}$$



Therefore Lucy's aerobic training zone is between 123 and 174 bpm.

## Worked example

Nigel is 45 years old.

What is the **upper** limit of his aerobic training zone? (2 marks)

Please show your calculations.

The upper limit of Nigel's aerobic training zone would be 149bpm. This is because:  
 $220 - 45 = 175 \text{ bpm (HRmax)}$   
 $85 \times 175 \div 100 = 149 \text{ bpm}$

Keep practising calculations like these and always check your workings!

## Now try this

What would be the recommended training zone for cardiovascular health and fitness of a 16 year old?

(2 marks)

Had a look ☐

Nearly there ☐

Nailed it! ☐

**UNIT 1**  
Learning aim A

# Basic principles of training

Once you have identified the aspect(s) of fitness that you want to improve, you need to start planning appropriate training. This involves using the FITT principle which helps you plan appropriate training to improve your fitness.

## The FITT principle

**FREQUENCY** – how often you train

**INTENSITY** – how hard you train

**TIME** – how long you train

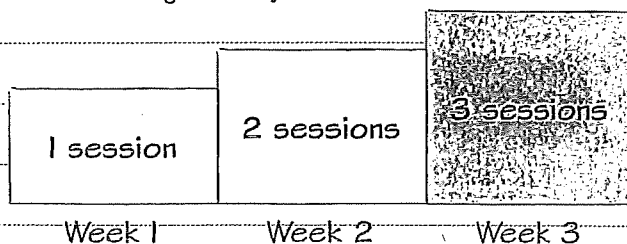
**TYPE** – how specific your training should be.

## Planning your training

The FITT principle helps to ensure that you are working at a level that is challenging enough to push the body to make fitness improvements. If you are not working hard enough, your body will not adapt and your fitness will not improve. It is important not to increase any of the elements too quickly as this can lead to burnout and increases the risk of injury.

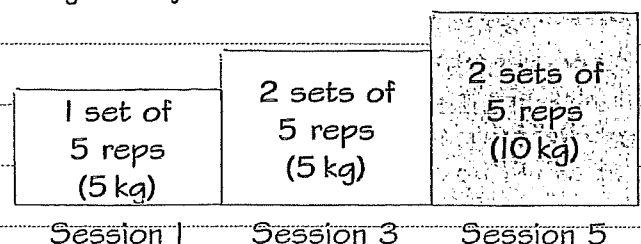
### 1 FITT: Frequency

The number of training sessions completed over a period of time, usually per week. It should be gradually increased over time.



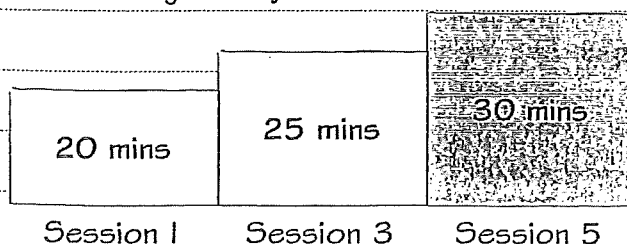
### 2 FITT: Intensity

This is about how hard you train. It should be gradually increased over time.



### 3 FITT: Time

This is about how long you train for. It should be gradually increased over time.



### 4 FITT: Type

This is related to the principle of specificity (see page 16).

If a training method is selected to improve a specific component of fitness there is more likely to be a positive improvement in performance.

## Worked example

Elle has started circuit training to help improve her general fitness. After a month, she thinks that her circuit training sessions could last longer, starting at 20 minutes and then moving to 30 minutes, so that she better benefits from the training.

Which part of the FITT principle is being referred to in this statement? (1 mark)

The 'time' principle as Elle is increasing the length of time she trains each week.

## Now try this

Aylin is planning a training programme to develop her aerobic endurance for swimming.

Describe how Aylin should apply **one** of the FITT principles to this training programme. (2 marks)