SELF ASSESSMENT

PHYSICAL CONDITIONING

& TRAINING
(11 Exercises)

Scoring of EACH question of each Exercise is automated and shown immediately on screen - either by attempting the questions first, &/or, if initial help is needed, rolling the cursor over the Exercise part letter or number (this can take some searching with the cursor).

A combination of these actions encourages student interaction with the subject matter. Repeated trials lead to greater understanding and learning.

AS THE AIM OF THIS APPROACH IS UNDERSTANDING & LEARNING THROUGH AS MANY ATTEMPTS AS THE STUDENT WANTS, THE TOTAL OF ALL THE EXERCISES IN THIS 'SET' ARE NOT AUTOMATICALLY CALCULATED. FOR THIS STUDENTS ARE REFERRED TO THE PE SELF ASSESSMENT PAPERS, WHERE THE SAME EXERCISES ACT AS TESTS WITH NO IMMEDIATE ONSCREEN SCORING

Exercise 1

Match the following statements with the correct numbered term by filling in the boxes with the appropriate numbers.

▼

A Training must be gradually increased in intensity. ☐

B Training must be designed to meet the demands of the event. ☐

C Training gains are lost if training is not kept up. ☐

D Different elements must be included in a training programme. ☐

1 Specificity

2 Progressive overload

3 Reversibility of training

4 Variation

● **Total score out of a possible 4**   0   **Reset**

Exercise 2   ◀ **back**

Complete the following statements by filling in the box provided with the letter of the correct missing word from the list below.

▼

A Conversation when running in a group slows down as the effort increases, as a result of the build up of___?___

B Low resistance work with many repetitions trains muscle___?___.

C High resistance work with few repetitions trains muscle___?___

D In circuit training each exercise is known as a ___?___

E Interval training sessions can be organised into ___?___

F Running fast and slow as you please over varied terrain is known as ___?___

1 Strength

2 Fartlek

3 Sets

4 Work

5 Lactate (lactic acid)

6 Endurance

● **Total score out of a possible 6** | 0 | Reset