

Year 8 Keywords:

Autumn 1

Method of Training

Different ways to train and improve a component of fitness which utilises the principles of training.

Keyword	Definition
Continuous Training	Activity that continues for an extended period of time without rest. It stresses the <u>AEROBIC</u> System and is carried out at a steady rate with low intensity.
Fartlek Training	The Speed, Intensity and often Terrain (gradients & surface – sand, mud etc.) are varied throughout the training session. This can train both Aerobic and Anaerobic systems.
Interval Training	A type of training which features distinct periods of work followed by periods of rest.
Circuit Training	A method of training that incorporates different stations to stress / overload different muscle groups.
Weight Training	A form of training that involves the use of resistance to overload muscle groups and force adaptations that grow muscle tissue.
Plyometric Training	A form of training that involves rapid and repeated stretching and contracting of muscles designed to increase strength and power.
High Intensity Interval Training (HIIT)	A Cardiorespiratory training technique that alternates brief speed and recovery intervals to increase the overall intensity of a work out.



Year 8 Keywords:

Autumn 2

Cardiovascular System

The cardiovascular system is made up of three main parts - the heart, the blood vessels and the blood that flows through them.

Keyword	Definition
Heart Rate	The number of heart beats per minute, measured in beats per minute
Resting Heart Rate (RHR)	The number of heart beats per minute (at rest), measured in beats per minute.
Maximum Heart Rate (MHR)	The maximum number of beats your heart can beat per minute. This is measured in beats per minute. This is calculated as $220 - \text{age}$.
Cardiac Output	The volume of blood pumped from the heart in one minute.
Stroke Volume	The volume of blood pumped from the heart per beat or contraction