|  |  |  |  |
| --- | --- | --- | --- |
| Learning outcome | I understand this | I can recall this | I need to revisit this |
| I know the factors that affect V02 |  |  |  |
| I know the definition of VO2 max |  |  |  |
| I know the name of the direct tests and can describe it. I know the name of the indirect tests and can describe them all. |  |  |  |
| I know the advantages and disadvantages of the test used for aerobic fitness. |  |  |  |
| I know the ranges of heart rates used for Karvonen’s principle. |  |  |  |
| I know the FITT related to aerobic training. |  |  |  |
| I can describe the different types of training and the ratios of work/rest relief. |  |  |  |
| I know the adaptations that will take place on the CV, Respiratory, muscles, and skeletal systems. |  |  |  |
| I know the types of strength training that can be used. |  |  |  |
| I have prepared for the test at the end of the week |  |  |  |

**Week 10 Class task sheet**

**Key words:** Aerobic/ V02 max,/ Direct gas analysis/ stroke volume/ Intercostal/ Venus-return Alveoli/ capillarisation.

1. Complete all exam questions on the question hand out. (Monday)
2. Complete detailed notes on the adaptations of the related aerobic systems. (Tue/ Wed)
3. Complete notes on strength training. (Monday)
4. Complete spiralled notes in preparation for the test at the end of the week. Thur/Fri
5. The test will consist of 20 marks on skill acquisition. 20 marks anatomy and physiology, and a 20 mark Q. The time is yet to be decided but will be in line with the relevant time for the final exam.