

Welcome to the Health and Fitness Therapies. Please follow the links in the Therapy section below to access the resources.

<b>The areas for development are:</b>	<b>Therapy:</b>
• explaining the terms 'health' and 'fitness'	• BBC Bitesize Website: <a href="#">Health, Fitness and Exercise</a>
• describing the benefits of exercise	• BBC Bitesize Website: <a href="#">Health and Well-Being</a>
• describing the health-related components of fitness	• BBC Bitesize Website: <a href="#">Health, Fitness and Exercise (Page 2)</a>
• describing the skill-related components of fitness	• BBC Bitesize Website: <a href="#">Health, Fitness and Exercise (Page 2)</a>
• describing and demonstrating the tests that measure components of health and skill-related fitness	• BBC Bitesize Website: <a href="#">Health, Fitness and Exercise (Page 3)</a>
• describing the principles of training	• BBC Bitesize Website: <a href="#">The Principles of Training</a>
• describing the appropriate methods of training for each of the components of fitness	• BBC Bitesize Website: <a href="#">The Methods and Effects of Training</a>
• describing the structure and function of the main body systems	<ul style="list-style-type: none"> <li>• BBC Bitesize Website: <a href="#">Muscular System</a></li> <li>• BBC Bitesize Website: <a href="#">Skeletal System</a></li> <li>• BBC Bitesize Website: <a href="#">Cardiovascular System</a></li> <li>• BBC Bitesize Website: <a href="#">Respiratory System</a></li> </ul>
• describing the long-term and short-term effects of exercise on the main body systems	• BBC Bitesize Website: <a href="#">Long and short term effects of exercise</a>
• describing and demonstrating the measures for body composition	• BBC Bitesize Website: <a href="#">Health, Fitness and Exercise (Page 3)</a>
• assessing the positives and negatives of each fitness test	• BBC Bitesize Website: <a href="#">Health, Fitness and Exercise (Page 3)</a>
• describing the Frequency, Intensity, Time and Type (FITT) principles	• BBC Bitesize Website: <a href="#">The Principles of Training</a>
• describing health and fitness goals	• BBC Bitesize Website: <a href="#">Target Setting</a>
• carrying out and assessing fitness test results against normative data	• BBC Bitesize Website: <a href="#">Health, Fitness and Exercise (Page 3)</a>
• designing and carrying out an individual health and fitness programme using the FITT principles	• BBC Bitesize Website: <a href="#">The Principles of Training</a>
• demonstrating appropriate preparation for the fitness programme	• BBC Bitesize Website: <a href="#">The Methods and the Effects of Training (Page 1)</a>
• demonstrating the techniques of warm-up and cool down	• BBC Bitesize Website: <a href="#">The Methods and the Effects of Training (Page 1)</a>
• evaluating the effectiveness of a fitness programme	• BBC Bitesize Website: <a href="#">Writing a PEP</a>
• amending a fitness programme to improve their personal health and fitness	• BBC Bitesize Website: <a href="#">Writing a PEP</a>