



		Examples
Long Bones	Femur, tibia, fibular, radius, ulnar, phalanges	Generates large, gross movements e.g. Running in netball
Short Bones	Carpals and tarsals	Generates small, fine movements putting in golf at the wrist.
Flat bones	Pelvis, cranium, scapular	Protect vital organs e.g. the cranium protects the brain when heading a football.
Agonist	When the muscle contracts and shortens	During flexion at the elbow the bicep contracts
Antagonist	When the muscle relaxes and contracts	During flexion at the elbow the triceps relax
HIIT	- Alternating between periods of short intense anaerobic exercise with less intense recovery periods	Sprinters Improves speed
Fartlek training	Swedish for 'speed play'. Periods of fast work with intermittent periods of slower work. Often used in running, i.e. sprint, jog, walk, jog, sprint, etc.	Games players that shift between aerobic and anaerobic energy systems. Improves cardio-vascular fitness & muscular endurance
Circuit training	A series of exercise stations (5-7) whereby periods of work are mixed with periods of rest.	Any games player that would like to improve any component of fitness or skills.
Continuous training	Involves working for a sustained period of time without rest.	Long distance runners Improves cardio-vascular fitness
Weight Training	The use of weights or resistance to cause adaptation to the muscles	Rugby players, weight lifters Improves strength, power and muscular endurance.
FIT	Frequency – how often you train	Training twice a week
	Intensity– how hard you train	Speed, level, intensity or weight
	Time – the length of the training session	Training for 45mins per session to 50mins
Aerobic	Respiration that takes place with oxygen	Long duration/low-moderate intensity e.g. Long-distance runner
Anaerobic	Respiration that takes place in the absence of oxygen.	Shot duration/high intensity e.g. a sprinter (100-400m)

Long term-effects of exercise

- Improves the cardiovascular system
- Lower resting HR (continuous training)
- Decreases fat stores
- Improves components of fitness e.g. flexibility, strength, muscular endurance.